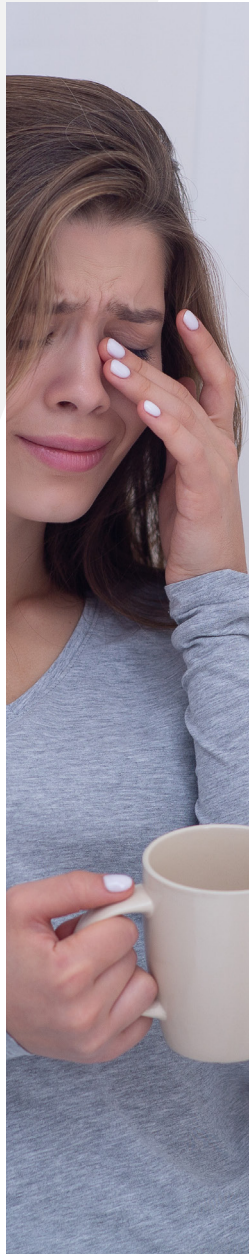


# 8 TIPS FOR COMBATTING SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is a type of depression characterized by significant changes in mood or behavior through recurrent, seasonal patterns. For most, SAD symptoms begin in late fall or early winter as daylight hours decrease and the weather grows colder. Here are some tips to help you combat SAD.

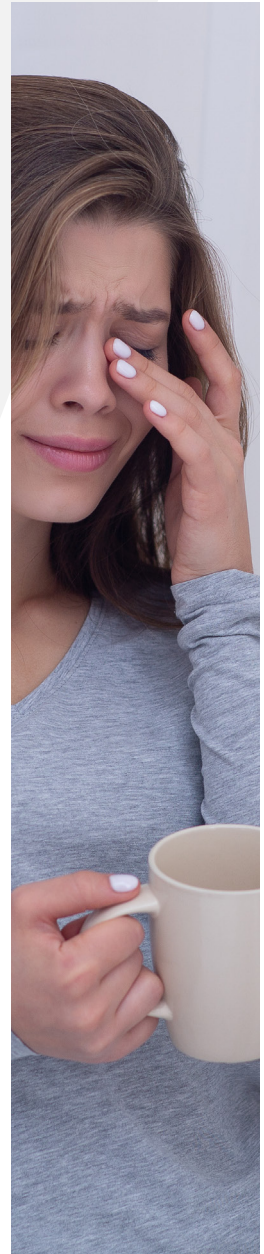
- 1 Soak up sunlight.** Any time you can spend getting fresh air and natural sunlight can help, even if that's just a few minutes during a lunch break.
- 2 Try light therapy.** Sitting or working near a light therapy lamp or box for about thirty minutes can help improve your mood and alleviate some symptoms of SAD.
- 3 Incorporate more movement into your routine.** Whether this looks like a short walk outdoors, a trip to the gym, or dancing in the privacy of your own home, every little bit of exercise can trigger the release of endorphins and help you feel better.
- 4 Maintain a consistent sleep schedule.** While this can be challenging with longer, darker nights, going to bed and waking up at the same times every day can help you get the rest you need while staying on track.
- 5 Stay social.** Meeting with a friend or family member can help you maintain a support system and combat feelings of loneliness.
- 6 Keep a healthy diet.** Opting for nutrient-dense foods can help increase your energy and help you stay alert and engaged throughout those challenging months.
- 7 Practice mindfulness.** Mindfulness emphasizes being present in the moment and can help you stay grounded through reflection, breathing exercises, meditation, journaling, and more.
- 8 Consider talking with a therapist.** If SAD symptoms start to become overwhelming or persist, a therapist can offer further coping techniques.



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