

5 Ways to Avoid Seasonal Affective Disorder

1. Let the light in

Light therapy, delivered by a device that contains white fluorescent light tubes covered by a plastic screen to block ultraviolet (UV) rays, can help treat SAD. Sit by the light for 15-30 minutes, 2-3 times per day.



2. Exercise outside

Fresh air can help make you feel better, and exercise releases the feel-good hormone, dopamine. Win-win!



4. Shift your thinking

While SAD is biological, studies show changing your thoughts and behavior can alleviate symptoms. When you're feeling down, combat those feelings by doing something social or starting a new hobby.



3. Use mind/body therapies

Practicing meditation, yoga, tai chi or even deep breathing greatly alters brain function and improves the quality of thoughts and feelings.



5. Get help

If your SAD symptoms are severe, your doctor may prescribe you antidepressant medication.