



Cure for Winter Blues

When days grow shorter and temperatures drop, your mood may drop, too.

Having a low mood during the winter months can lead to clinical depression for some, also known as Seasonal Affective Disorder (SAD). You can take steps to help prevent or overcome SAD.



Get outside. This offers maximum exposure to natural light. Include some physical activity, such as a brisk walk or hike, for a double dose of mood enhancers.

Keep the curtains open. Do this during daytime hours and turn on lights on cloudy days. Sit near windows when you can.

Stay connected with others. This will help avoid feeling isolated.

Seek help. Light therapy (sitting in front of a very bright light box) is often used to treat SAD. Talk therapy may also help people learn to cope with the effects of SAD.