



# 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.