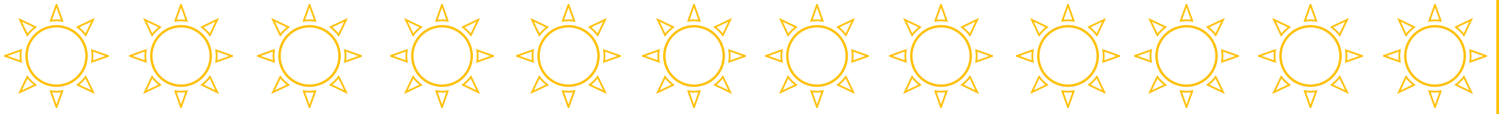


# SHINING SOME LIGHT ON SEASONAL AFFECTIVE DISORDER (SAD)



## What is **SAD**?

A form of depression that affects individuals usually in the fall and winter months then typically disappears in the spring and summer.



## TREATING **SAD** WITH NATURAL REMEDIES:



**Try Light Therapy\*:** Light therapy allows you to get exposure to bright, artificial light during the winter months when sunlight is scarce. SAD patients see improvements in their depression by using special Full Spectrum Light Bulbs or a light box. Pick up a Full Spectrum Light Bulb, sold at major name hardware stores—prices start around \$10.

\*Speak with your Healthcare Provider to see if light therapy is right for you.

**Stay Active:** Regular exercise has been shown to help with depression. Staying active increases the production of feel-good chemicals that can help ease feelings of depression.



**Supplement with Vitamin D\*:** Vitamin D can affect proteins in the brain that play a role in the way our moods are regulated. Vitamin D increases levels of the “feel-good” chemicals in the brain known as dopamine and serotonin.

\*Speak to your Healthcare Provider before supplementing with this vitamin.

**Reach out to Family and Friends:** Close relationships are important in reducing isolation and helping fight SAD. Participate in social activities and events—being around people close to you will boost your mood.



**Eat the Right Diet:** Eating small, well-balanced meals throughout the day will help keep you energized and minimize mood swings. Complex carbs such as oatmeal, whole grain bread, brown rice and bananas can boost serotonin levels without the sugar crash later on.