



Overview

If you're diagnosed with seasonal affective disorder, you may worry about how it will affect you. But you should know that that it's very manageable. These simple strategies will help you keep it under control.

Get some light into your life

First, take steps to get more sunlight in your life. You can buy a light therapy lamp for your home. Trim back hedges and tree branches, and open your blinds. Sit next to a window whenever possible. Spend time outdoors. And consider taking a trip to a sunny place during the winter months.

Take care of your body

You'll also want to stay as active and as healthy as possible. So avoid alcohol. Eat a healthy diet and get the proper amount of sleep. Try to exercise for at least 30 minutes on most days. When you're active, your body releases endorphins. These are natural chemicals that help you feel good.

Manage your stress

You need to take care of your mind, too. Stay engaged with other people. Make an effort to see your friends and loved ones regularly. Manage things that cause stress in your life. Breathing exercises, meditation or other relaxation techniques may be helpful. And if you are depressed, tell someone. Talk to your doctor so you can get the treatment you need.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage seasonal effect disorder successfully.