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# What Is Seasonal Affective Disorder ?

***Seasonal Affective Disorder (SAD) (noun)***
***/ˈsē-zə-nəl ə-ˈfek-tiv dis-ˈôr-dər/***

A seasonal mood shift that happens in fall and winter when there's less sunlight, often bringing lower energy and mood. Managing SAD means finding intentional ways to stay uplifted and support your mental health during the darker months. Swipe for tips on how to cope.



Source: *National Institute On Mental Health, 2023*

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# Connect With Friends & Loved Ones

***Connect (verb)***
***/kə-ˈnekt/***

Cold weather might make you want to stay indoors and isolate, but spending time with people who care about you can be incredibly uplifting. Being around a supportive network can improve your mood and help take your mind off any negative feelings.



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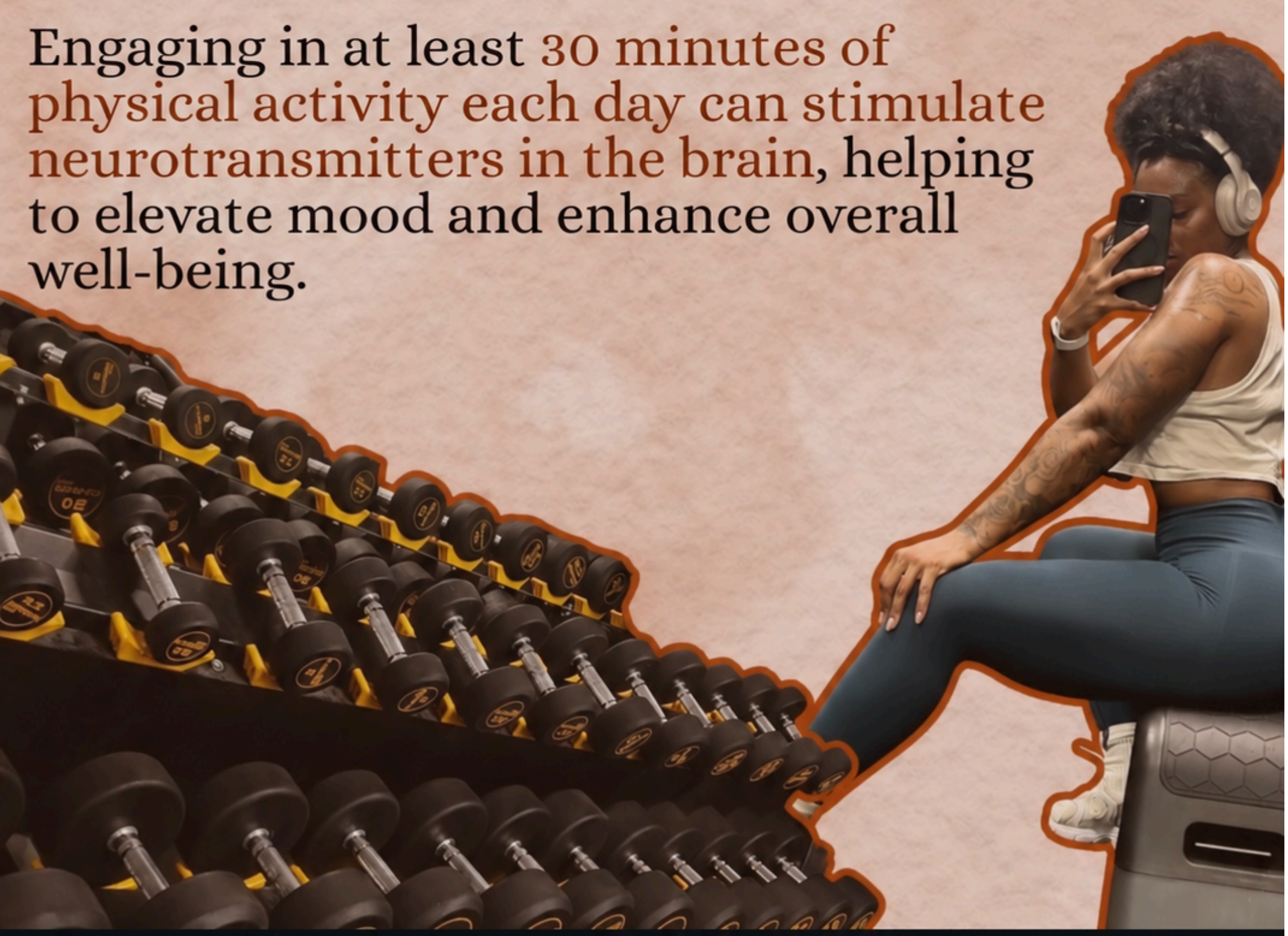
# Develop An Exercise Routine

***Exercise (verb)***
***/ˈek-sər-ˌsīz/***

Engaging in at least 30 minutes of physical activity each day can stimulate neurotransmitters in the brain, helping to elevate mood and enhance overall well-being.



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# Light Therapy

***Light Therapy (noun)***
***/laɪt ˈθer-ə-pē/***

For SAD, light therapy has unique characteristics that make it an attractive alternative to medications. In people who respond well to light therapy, depression symptoms usually start improving within a week, and the side effects, which include eye strain and headaches, are uncommon and mild.



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# Soak Up Natural Sunlight

***Natural Sunlight (noun)***
***/ˈna-chər-əl ˈsʌnˌlaɪt/***

Natural sunlight is necessary in winter for health, mood, and energy, especially due to shorter days and the sun's lower angle. It helps produce Vitamin D, regulates your circadian rhythm to improve sleep and mood, and boosts serotonin levels for more energy and focus.



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# Meditate.

***Meditate (verb)***
***/ˈme-də-ˌtāt/***

Meditation can help soothe your mind and let go of anxious thoughts. After a session, many people experience a sense of peace and relaxation, thanks to an increase in serotonin levels.



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