



60 Ideas to Beat Seasonal Affective Disorder

1. Find a new hobby
2. Drink less alcohol
3. Sing in the shower
4. Plan a vacation
5. Hike
6. Discover new music
7. Vitamin D
8. Declutter your home
9. Follow through on your new year's resolution
10. Yoga
11. Volunteer in the community
12. Read
13. Bubble bath
14. Vitamin b12
15. Keep a journal
16. Take the stairs
17. Exercise!
18. Avoid caffeine
19. Connect with family
20. Give out hi-fives
21. Drink lots of water
22. Take a class
23. Puddle stomping
24. Discover winter fruits & veggies
25. Hugs
26. Snazzy winter gear
27. Make your bed every day
28. Slow down
29. Game night
30. Make somebody's day
31. Throw a party
32. Get plenty of sleep
33. Embrace the snow
34. Get dressed up
35. Light therapy
36. Daily walks
37. Talk to your doctor
38. Funny movies
39. Happy Light
40. Stick to a budget
41. Relax
42. Snowshoeing
43. Call an old friend
44. Swim
45. Turn off the TV
46. Fish oil
47. Cut back on sugar
48. Dance
49. Quality time with your pet
50. Meditate
51. Smile
52. Fill the house with summer scents
53. Switch up the routine
54. Find your creativity
55. Make an infographic full of jolly ideas (trust us, this is therapeutic)
56. One word: "forts"
57. When the sun does come out soak it up
58. Mood elevating essential oils
59. Seek counseling
60. Share this infographic

Sources:

WebMD: <http://www.webmd.com/depression/guide/seasonal-affective-disorder>

Mayo Clinic: <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>

WiseBread: <http://www.wisebread.com/winter-blues-13-proven-ways-to-beat-seasonal-affective-disorder>

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