

12-Steps for Preventing SAD

Seasonal Affective Disorder

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1. **Bring in Joy:** Choose things to uplift yourself, music, reading a good novel, etc.
2. **Supplement:** Vit. D₃, St. John's Wort, magnesium, lavender oil, and other herbs.
3. **Exercise:** Reduce stress, bolster the immune system, increase serotonin, release emotions.
4. **Meditate:** Quiet the mind, focus on the present.
5. **Eat healthy:** High-sugar foods give you a surge and deplete energy later.
6. **Sleep:** Sleep destresses, keep a regular schedule; don't oversleep.
7. **Use Phototherapy:** Phototherapy "tricks" your body, use a "lightbox."
8. **Relocate:** Follow the sun or schedule all vacations during the winter months.
9. **Be outdoors:** We bloom in the sunshine; stay outdoors at least 30 minutes per day even in the cold.
10. **Talk to a Professional:** Talk therapy releases the symptoms of SAD, helps you breakthrough an emotional cloud.
11. **Discover a positive meaning:** Meaning anchors and lifts you up at the same time.
12. **Serve humanity:** Volunteering uplifts your spirit and empowers you. Remember Meaningfulworld Motto: "*When one helps another, BOTH become stronger.*"

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