

5 Tips for Managing Seasonal Affective Disorder



Sunlight exposure

Even though the sun may not shine quite as bright in the cooler months, there are other ways to get some sun, such as sun lamps, located in the Music Library Well-being Corner or the Dance Building Personal Room.



Eat well

Part of feeling good is making sure you are eating a well-balanced diet. Make sure you are eating regularly and drinking enough water every day.



Get moving

Exercise is scientifically proven to make us feel better mentally! Doing some sort of movement every day, whether it's going to the gym or dancing in your room, taking a walk, or a few jumping jacks can help put you in a better mood for the day.



Be kind to yourself

Struggling with depression is not easy in the slightest. It's essential that we are giving ourselves grace during times that can be hard to manage.



Talk to Someone

When you feel that you may be holding on to a lot of emotional stress, try talking to someone, whether it be a friend, a parent, a sibling, or even a professional therapist.