

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:

- Be active. It relieves stress, builds energy, and increases your resilience.
- Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.
- Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll find them at medical supply stores and many drugstores.
- Take a Vitamin D supplement—3000 IU per day may help lift your mood in winter.
- Eat three healthy meals a day, and have healthy snacks between meals. For information, visit [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca).
- Stay hydrated. Most adults need nine to 12 cups of water per day.
- Cut down on alcohol and caffeine. They can worsen SAD symptoms.
- Try practising mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.

If you are concerned about your mental health, call Health Link at 811.