

BEAT THE Winter Blues BEFORE THEY START

8 Tips to Help Prevent the Symptoms of Seasonal Affective Disorder (SAD).

Create A Morning Schedule

The days are getting shorter, but you can combat the early darkness by syncing your daily schedule with the sunrise. Waking up an hour earlier can make you feel sleepier and ready to go to bed sooner, giving your day a lot less darkness, and a lot more light.



Start A Nighttime Hobby

It can be hard to ignore the restless feeling SAD creates once you finish work for the day. So, make a distraction for yourself that will be fun, and you can look forward to. Try starting a craft project, read a book, cook your favorite meal, or bake your favorite treat. Doing something that is of interest to you offers an opportunity to feel more in control.



Have a Good Cry

It's OK to have moments where you feel overwhelmed and upset. You're not alone! Having a good cry can be therapeutic, and a good way to release any anxiety you've been feeling. After you've dried your tears, get busy. Consider doing a task that takes you away from the overwhelming feelings and towards a happier place.



Redecorate

Taking on a home improvement project can be a great way to keep you busy, declutter your surroundings, and give you a fresh start in the same space. Little successes, like rearranging the furniture or adding a fresh coat of paint, can help you feel a sense of accomplishment and purpose.



Make A Winter Bucket List

When you create a list of fun winter activities you want to try, you will have things to look forward to, and it can help break up your normal routine. By the time winter hits and SAD is at its strongest, you can have go-to plans for bad days.



Manage Your Screen Time

Cold weather often means we spend more time indoors, and that tempts us to spend more time watching television, looking at our computer screen or playing on our phone. Too much screen time diminishes mood, builds fatigue and creates too many distractions. Try making a point to put down your devices if you are suffering.



Make Time for Sunshine

One of the main natural sources of vitamin D is sunlight. Reduced sunlight in fall and winter can create a deficiency in vitamin D. This can affect you, your mood, or your energy levels. If the weather allows for it, schedule an early-morning walk or a lunchtime stroll to make sure you're getting in your daily dose of mood boosting sunlight!



Get Moving

Once the temperatures drop, it can be hard to find motivation to exercise. Switching up your fitness routine can prevent boredom. With the abundance of new apps and ways to stream exercise programs on your phone, TV, or tablet, now is the time to try out a new online kickboxing class or Pilates session.



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