

YOUR SEASONAL AFFECTIVE DISORDER



ACTION PLAN

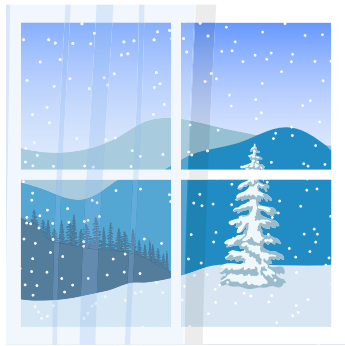


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EMBRACE NATURE: Bring greenery inside with potted plants or lush artwork. Studies also show you burn more fat if exercising in cold temps!

OUTDOOR ACTIVITIES I WILL TRY: _____



HAVE THE RIGHT GEAR and you can enjoy winter's beauty!

I WILL NEED TO BUY: _____



ALCOHOL = SAD

Dynorphin is made after each sip, and its depressive effects last for 3-5 DAYS in the brain. Avoiding altogether is best

I WILL:

- Limit to ____ drinks PER MONTH.
- Try to replace drinking with this healthy behavior: _____

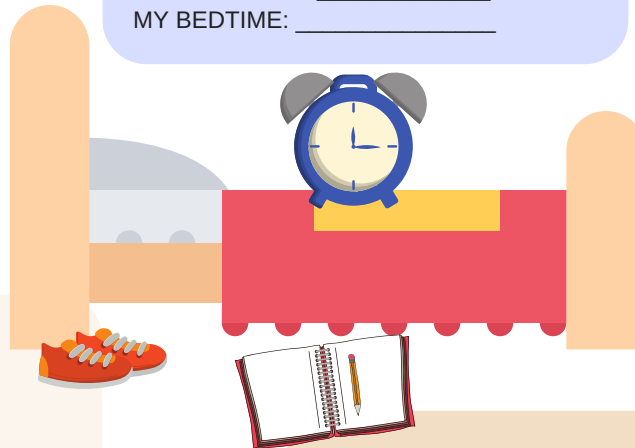
WATER FLOW improves cell signaling for focus/mood and helps eliminate toxins.

- Drink ____ glasses per day
- Sweat in a sauna weekly

CONSISTENT Sleep/Wake routine helps regulate rhythm and melatonin. More ATP is made when you fast at least 12 hrs

MY WAKE TIME: _____

MY BEDTIME: _____



GRATITUDE JOURNALING has been shown to decrease cortisol 27%

I WILL JOURNAL (circle one):

BEFORE BED / AT BREAKFAST



RETRAIN YOUR BRAIN to learn new ways of thinking and behaviors. It takes practice, but it's worth it!

I WILL TRY:

- ____ Talking to a counselor/therapist
- ____ Learning meditation
- ____ Taking a class in something new

EYEBALLS NEED LIGHT because it stimulates wakefulness and regulates rhythm.

I WILL get my light:

- ____ By walking outside daily
- ____ Using full spectrum UV lamp



LOWER your intake of inflammatory foods (dairy, gluten, sugar).

I WILL WATCH OUT FOR THESE FOODS: _____

MOVE YOUR BODY to help detoxify and nourish your cells.

- Get a massage
- Go for a walk
- 5 minute body stretch
- Yoga

PLAY MORE because your brain will love the additional dopamine!

INDOOR HOBBIES I WANT TO REKINDLE: _____



SUGGESTED SUPPLEMENTS

- Magnesium (200 mg/d)
- Vitamin D 10,000 IU/d
- Probiotic (50-100 cfu/d)
- DHA/EPA fish oil (2 grams/d)
- Vitamin B Complex
- 5-HTP (50-100 mg at bedtime)