



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care



In the winter, it's easy to go several days without seeing the sun. However, sunlight exposure can help soothe seasonal depression and prevent disease.

Sunlight exposure affects our circadian rhythms by telling our brain when to be awake and when to be asleep. If you've ever suffered from insomnia after staring at your phone, you've experienced the effects of disrupting your circadian rhythm. Our circadian rhythms also help us process emotions. When you don't get enough sunlight, you may feel down. In fact, nearly 10 million Americans experience Seasonal Affective Disorder in the winter.

A study done at the Monash University in the UK found that individuals who spent around 2.5 hours in the sunlight per day had lower antidepressant usage, less frequent low moods and greater happiness overall.

Here are some ways to increase your sunlight exposure:

- Buy a light therapy lamp. Using a lamp that mimics sunlight for 20 to 30 minutes a day can help your winter blues. The best time to use this lamp is first thing in the morning.
- Take vitamin D supplements.
- Walk outdoors.
- Sit near a window when possible.