

Combat Seasonal Blues In The Winter Months With Vitamins

Many people begin noticing a big difference in motivation and energy during the winter months as the year progress. There is such a thing as seasonal mood disorder that some people suffer from, but there are ways to help.

There are some ways in which you can tell if you suffer from seasonal affective disorder (SAD). Think back into your past about how you feel every time the days start to become shorter and darker. If you begin to find that your energy level decreases, you have difficulty waking from sleep and/or you oversleep frequently, you overeat often and gain weight, and you generally feel depressed and down, then you have the symptoms of seasonal affective disorder. Some think that nutritional deficiencies lead to depression but during the winter months you may find that these symptoms are occurring in conjunction with the extended periods of days and weeks where the sunlight is spare; there are some easy solutions that should help you to cope with this disorder. It may be easily guessed that seasonal affective disorder is directly associated with the amount of light you are exposed to. The less light you get each day, the worse you feel, and visa-versa.

The best way to treat this disorder is through light therapy which consists of a special metal box that is two feet by one and a half feet in size and houses a bunch of fluorescent colored tubes that are behind a plastic diffusing screen. If you put one of these light fixtures on your table and sit in front of it for a decent amount of time each day, depending on the need, the disorder can usually be treated. The amount of time needed usually varies between thirty to ninety minutes. To use this method you must have your eyes open, but you do not have to stare directly at the lights. Doing normal activities such as reading the paper, a book, or a magazine, getting ready for work, eating, studying, doing the bills, using the computer, or watching television can all be done while using this treatment. However, you must be close to the light. If you do not suffer severely from SAD, a light box may not be needed, but there are other ways to help the disorder. This can be done by figuring out ways to allow more light into your home or spending more time outside on the sunny days. Try putting up more lamps and using bright accents in home decorating like brightly colored pillows, cushions, sheets, etc. Those people that suffer severely from seasonal affective disorder have moved to climates where the sun is out more often and more easily accessible. However, this is a very difficult task to do for most people. Seasonal affective disorder, which is also known as the "winter blues", happens to affect about twenty percent of the American population.

If you happen to suffer from SAD, I encourage you and others to seek a therapy proactively that will work for you, since the disorder can be easily and effectively treated. Nutritionally, make sure you eat a well balanced diet along with at least a one daily multiple vitamin to help your body combat these stressful times. Multiple vitamins have a B complex that can help restore the adrenal glands which are over worked when under stress or depression which is an inexpensive fix compared to buying a lamp system to mimic sunlight.

About the Author

More information on multiple [vitamin supplements](#) can be found at <http://vitanetonline.com/>

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