**A CHILL IN THE AIR...**

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Yes, you felt that right! A cool breeze and a hint of fall. There is finally a crisp to the air and a need for a sweatshirt! With the joy of pumpkin spice, falling leaves, and football season, also comes the dreaded turning back of the clock and loss of daylight (Fall Back on November 6th).

Some of us take this opportunity to catch up on the shows that we have captured throughout the summer on our DVR, and others will take the chance to hide from the world for the next few months. Which ever you choose, there are ways to prepare for the time change and the all-too-often change in mood that comes along with it.

Seasonal Affective Disorder is a true diagnosis, if you would like to learn more, click here. But even those who have not been diagnosed with Seasonal Affective Disorder can still feel the change that the loss of daylight brings. But you still have time before the dreaded time change to prepare some strategies to combat the darkness and cold that the change will bring.

* Take a Sunshine Break every chance you can! It doesn't have to be above 70 degrees outside to enjoy the heat of the sun! On a sunny day, sit yourself in front of a window and let the sun's rays work their magic. You can still enjoy the heat of the indoors while increasing your Vitamin D :)
* Exercise! Even if you can't make it to the gym, take a few laps up and down a flight of steps, do 10 squats or jumping jacks every hour, walk through the local mall, or put in an exercise video! Exercise is good for your heart and your soul!
* Change your light bulbs! Special light bulbs are available that give off a brighter light. By changing your light bulbs and turning them on by 7:00 am, you can "trick" your body into thinking the day has begun!
* Watch what you eat! When it's cold outside, we seem to reach for comfort foods! Foods high in carbohydrates that drag our bodies down! By mindful of what you are eating, and try to stick to a healthier, summer inspired plate!

These are just a few ideas you can find when learning more about Seasonal Affective Disorder! You can learn more by visiting these articles:

9 Ways to Cope With Seasonal Affective DIsorder

7 Tips and Home Remedies for Coping with SAD

12 Ways to Ease Seasonal Depression

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