

WELLBEING

Stress and blues busters

Forget counting how many days to Christmas, how depressing is the thought of seven more months until summer?! Take the initiative with your emotional wellbeing this season and don't be at the mercy of your moods. Here's some help:

Many people get more than just a bit fed up in winter, they get the winter blues or SAD – seasonal affective disorder. Symptoms include depression – and despondency, lethargy, irritability, sleep and libido problems and increased desire for sweet foods and carbs.

Basically you feel like hibernating, and it's triggered by the seasonal reduction in sunlight – so those living in the north can be particularly affected.

Lightboxes quite simply provide the 'sunshine' or intense light needed to stimulate the retina and increase melatonin production, boosting mood without the need for drugs. You can feel the benefits and increased energy within a fortnight.

We love S.A.D Lightbox Company's range because they were the original lightbox manufacturers and all their products are made in the UK.

The website www.sad.uk.com has lots of excellent info on how to choose the right lightbox for your needs (and a 30 day home trial) or you can speak to the helpline on 0845 095 6477.

