

Name:

Address:

Qty	Description	Amount
1.	Use a SAD LAMP in the morning	
2.	Outdoor walks (wrap up accordingly)	
3.	Wake up an hour earlier than you need to and have a slower morning routine	
4.	Open your curtains as soon as you wake up for maximal natural light	
5.	Speak to people about how you feel	
6.	Work with the season - eat foods that naturally occur at this time.	
7.	Light candles for a warm orange glow	
8.	Stay Hydrated!	
9.	Make a movie marathon list for days when it all feels too much. Ticking a movie off the list will give you a little boost of dopamine	
10.	Vitamin D supplements	

Signature: @shannon_counselling