Mayo Clinic Minute: Lift your mood with light therapy
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Dr. Craig Sawchuk, a Mayo Clinic psychologist, says one of the most effective treatments for seasonal affective disorder is exposure to artificial light or light therapy. In this Mayo Clinic Minute, Dr. Sawchuk explains how to incorporate light therapy into your daily routine.

For those looking to flip the switch on feeling down during the winter months, Dr. Sawchuk suggests giving light therapy a try.

"Light therapy is one of our effective treatments that is actually really easily tolerated," says Dr. Sawchuk. "Rarely do people have side effects with it. And it's a pretty portable type of intervention.

Light therapy is thought to affect brain chemicals linked to mood and sleep, easing symptoms of seasonal affective disorder.

Added stress of the ongoing COVID-19 pandemic, coupled with the cold, dark days of winter, can do a number on a person's mental health and could lead to seasonal affective disorder—a type of depression that's related to changes in seasons.