**Tips on how to survive the darkness**

Everyone is affected differently by the winter darkness but most of us experience some negative reactions; tiredness, lack of energy, feeling blue etc. It is important to know that these reactions to some extent are normal. Focus on self-care. Ask yourself: What do I enjoy doing? When do I feel relaxed and calm? What can I do to make myself feel a little better? Do more of those things!

Here are some examples of things that works for some and that you might try:

**General:**
- Have routine for basic needs and activities
- Social support is important!
- Be active; plan things to look forward to, take up a new hobby
- Do something creative
- Lower your expectations

**Light:**
- Get as much natural light as possible – especially in the morning
- Go outside even if it is cloudy
- Keep the diurnal rhythm with artificial lights (lamps, lightbox, bright colors etc.)
- Sit near windows when indoors
- Light a candle
- If difficult falling asleep; turn off lights, screen etc.

**Eat, sleep and exercise:**
- Stay active/ Exercise – can help lift your mood
- Outdoor exercise = double benefit
- Try to have regular sleep schedule
- Avoid taking naps
- Eat a healthy, balanced diet
- Try vitamin D supplements
- Avoid coffee in the evening
- Be careful with alcohol

**Manage your stress:**
- Recognize your stress triggers
- Find a balance between studies and free time
- Plan time for recovery
- Social support
- Try mindfulness
- Seek professional help

**Remember:** Everyone is tired in November. The difference is that Swedes have been through it before and know that it is temporary. Things will change soon...