

BANISH BAD MOODS FAST

Loren Chidoni

Four all-natural ways to snap yourself out of a slump

Snap Yourself Out of a Slump

light up your life
devour chocolate daily
find bliss in the
bedroom
go fish

Light Up Your Life

If a Miami mini-break isn't an option, seek out a light box. A strong one that emits at least 10,000 lux can have the same effect as basking in the early-morning sun--minus the cancer-causing UV rays. Place the light box on a table near you--you need only 30 minutes of exposure to increase your serotonin levels and leave you "more alert and energized, two factors that contribute to a good mood," says Michael Terman, Ph.D., director of the Center for Light Treatment and Biological Rhythms at New York City's Columbia University Medical Center. For more info--such as where to buy a light box--visit cet.org.

Light Up Your Life