

If you are experiencing emotional health concerns, follow the recommendations noted above. Consider an overall medical evaluation to rule out conditions such as thyroid disorders. Seek professional treatment, which would include talking with a therapist and possibly drug treatment. Explore alternative therapies:

- **Brain stimulation therapy:**
 - Cranial Electrotherapy Stimulation (performed at home)
 - Transcranial Magnetic Stimulation or TMS (performed in a psychiatrist's office)
 - Electroconvulsive Therapy or ECT (performed in a hospital setting)
- **Bright Light Therapy**, using a light box
- **Seek help for sleep challenges.** Find a clinician specializing in circadian rhythms at: <http://sleepdisordersguide.com>