

WINTER BLUES 101

WHAT YOU NEED TO KNOW



Winter break can be a time of relaxation and rejuvenation. It can also be a time of stress, sadness, or grief. Many people experience lots of different feelings around this time of year.

What is the Winter Blues (SAD)? Seasonal Affective Disorder (SAD), also known as the "winter blues," is a type of depression that typically occurs during the fall and winter months when there's less natural sunlight. It can affect your mood, energy, sleep patterns, and daily activities.

WHAT CAN IT LOOK LIKE?

- Low energy
- Mood swings
- Sleeping more than usual
- Difficulty concentrating
- Loss of interest in hobbies or activities you normally enjoy
- Changes in appetite like craving carbs or sugary foods, leading to weight gain.

For additional support in times of crisis, call or text:

NATIONAL SUICIDE HOTLINE: 988

WHAT YOU CAN DO:

Spend time outside during daylight hours, even if it's cloudy. The natural light helps boost your mood. You can also try light therapy!

Exercise regularly and eat healthy; it can help increase energy and release feel-good hormones (endorphins).

Stick to a Routine: Create a daily schedule to maintain structure and a sense of control.

Seek support from friends and family and make time for social activities, even virtual ones, to avoid isolation.