



# *Winter Blues*



If you are finding yourself lacking energy, having difficulty concentrating, withdrawing from family and friends, and generally losing interest in work and other activities, you may be suffering from the winter blues, which is a psychological disorder known as Seasonal Affective Disorder (SAD). Mark Twain once said ...”everyone complains about the weather, but no one does anything about it.” While we still may not be able to do much about the weather, we do know of some things that help with SAD. If you are finding yourself struggling with your mood during the winter months, following are some tips to try:

- ☺ **Exercise-** fight the urge to lay around by taking a walk, go to the gym, or give mall walking a try.
- ☺ **Socialize-** while it may be hard to stay active, make it a point to connect with friends and family to keep your mind active.
- ☺ **Practice Stress Management-** take the time to relax, eat healthy, avoid too much alcohol and keep a regular sleep schedule.
- ☺ **Take a Trip-**if you can afford a trip to a warm sunny climate, you will find it works wonders.
- ☺ **Get Fresh Air-**while the urge is to stay inside where it is warm, spending time outdoors each day can make a huge difference in your attitude.
- ☺ **SAD Lights-** there is evidence that special lighting with 10,000 LUX of brightness can lessen the symptoms of SAD.
- ☺ **Medications-** if your symptoms are severe and you feel down and depressed for long periods of time, you may want to visit with your doctor regarding anti-depressant drugs.
- ☺ **Plan ahead-** winter will eventually end and spring will be here. Start planning events for spring and summer to give yourself something to look forward to and to take your mind off of the winter.

While there is some scientific evidence that it is the lack of sunlight which triggers the lack of production of the hormone Serotonin during the winter months, anyone who experiences SAD knows it is a real form of depression that needs to be taken seriously and dealt with when the winters become unbearable.

## **For further Information:**

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