

FIGHTING THE WINTER BLUES

Seasonal Affective Disorder (SAD)

Hi, everyone! We've made it about halfway through the month. Congrats on that accomplishment! How are you doing?

Do you feel more down and in the dumps when it's cold outside? Does your mood seem to take a turn for the worst when the autumn season changes to winter? According to the American Psychological Association, "If your winter blues are severe and have gone on for at least two winters, you might have a case of SAD." Seasonal Affective Disorder can present as feeling depressed, fatigue, poor sleep hygiene, more cravings for sweet and starchy foods, feeling hopeless, and more. If this sounds like something you're experiencing, you're not alone. We're here for you. There are ways to manage SAD to make it through until warmer weather and sunshine returns.

Check out our self-care tips over there! →



Info Credit: <https://www.apa.org/topics/depression/seasonal-affective-disorder>

Self-Care Checklist: Cold Weather Edition

Whether or not you struggle with SAD, winter can be tough. Here are some coping tools you can use to improve your mood, energy levels, and alleviate your winter blues. If you thrive during winter, self-care is still important, so enjoy!

Mind-body connection

- Creating art
- Meditation
- Listening to music
- Counseling
- Mindful eating
- Snuggle with a pet

Bring some sunlight into your life

- Take a walk outside
- Open the blinds
- Use a light-box
- Sit by a window to do your work

If you'd like to learn more about SAD and making a self-care plan, please reach out to schedule an appointment. How can counseling help with this? We can help you identify strategies to lessen stress, address your goals and concerns, and work through any personal issues you are experiencing. **We invite you to follow us on social media for daily tips and info about our upcoming events!** See you next time!

Info Credit: <https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/diagnosis-treatment/drc-20364722>

Want to schedule an appointment?

Call us at (607) 778-5210 or email us at counselingservices@sunybroome.edu

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