

Seasonal Changes & Mental Health

Even if you are not diagnosed with Seasonal Affective Disorder, the changing of seasons can still make you feel down, sad, lonely or blue. In most places, the weather is colder, and the sun sets earlier with later mornings and longer nights. It can feel languishing.



How Mental Health
Changes with Seasons:
Sage House Therapy

Languishing is a term people use to describe dull feelings of 'blah' that affects motivation and the ability to focus. On the emotional spectrum, languishing falls right in the middle between positive mental health and depression. This feeling can mirror depression by manifesting itself into avoidance of social and professional activities.

Seasonal Affective Disorder

Seasonal Affective Disorder, or SAD is a type of depression that happens during certain seasons of the year-most often fall and winter. Changes in sunlight and shorter days are thought to be linked to a chemical change in the brain and may be part of the cause of SAD.

Common symptoms related to **Depression** and **SAD**

- Changes in appetite
- Changes in sleep
- Feelings of hopelessness
- Feeling sad or anxious
- Feeling restless, agitated or irritable, guilty, worthless
- Feeling isolated and unable to relate to other people
- Thoughts of death or suicide
- Having difficulties concentrating, remembering or making decisions
- Decreased energy, feeling fatigued

Little changes can have a big impact...

6 Tips to Improve Your Mood



1. ADD MORE HAPPY FOODS

Try eating these types of foods which can boost your mood and provide needed nutrients in the Winter

- Omega-3-fatty acids
- High-fiber foods
- Dark leafy greens
- Magnesium
- Vitamins B and D
- Protein

2. MOVE YOUR BODY

A walk around the block or your living space is a good way to get your body moving. Moving our bodies releases hormones that can perk up our mood.

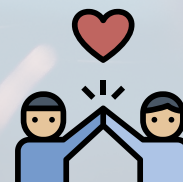


3. FIND THE LIGHT

As the seasons change, there is less sun/light. Try opening your curtains/blinds or spending some time outside during daylight hours. Talk with your health care provider about light options and recommendations.

4. STAY CONNECTED

Spending time with friends and loved ones can reduce feelings of stress, sadness and anxiety. Keep in regular contact with friends and family.



5. GET CREATIVE

Direct your energy towards artistic expression. Listen to music, paint, draw, journal, sing, even dance!

6. TALK WITH HELPERS

Talk to someone about your feelings. Keep the lines of communication open with your healthcare providers and other professionals, including case workers, to help you get through tough times and consider treatments that are best for you.



988 Suicide & Crisis Lifeline

Help prevent suicide.

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.