



Beating the Winter Blues

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The background of the slide is a dark teal color. On the right side, there is a vertical red bar. The main content area is a white rectangle with an abstract pattern of blue dots and lines radiating from the bottom left corner. The text "Seasonal Affective Disorder (SAD)" is written in a large, black, sans-serif font, centered within the white rectangle.

Seasonal Affective Disorder (SAD)

S.A.D. SYMPTOMS ARE NOT THAT DIFFERENT FROM THAT OF DEPRESSION

Symptoms of S.A.D

- ▶ difficulty getting out of bed,
- ▶ overeating
- ▶ lack of energy
- ▶ decrease in activity
- ▶ trouble keeping focused
- ▶ irritability.



Symptoms of S.A.D (cont.)

Extreme cases will also include

- Hopelessness and worthlessness,
- Withdrawal from social interaction
- Possibly even thoughts of suicide.

What Can I Do?



Go outside within two hours
of waking up.



Get a light box.



Take vitamin D
supplements.



Eat more complex carbohydrates.

Good vs. Bad Carbohydrates: Know the Difference

By PositiveMed.com

Good Carbs

More fiber, minerals & vitamins, Low glycemic index, Feel full on fewer calories



Whole-grain



Oatmeal



Green vegetables



fruits

Bad Carbs

Low fiber & nutrients, High glycemic index, Lots calories needed to make you full



Refined grains



Sugary cereals



Soda & sugary drinks



Candies & cookies



More health tips on PositiveMed.com

**Make your house
brighter.**



Stay social.

What are the social activities that you enjoy doing?



**Take a winter
vacation.**

Why do folks go to
Florida for the winter?



Get some exercise.

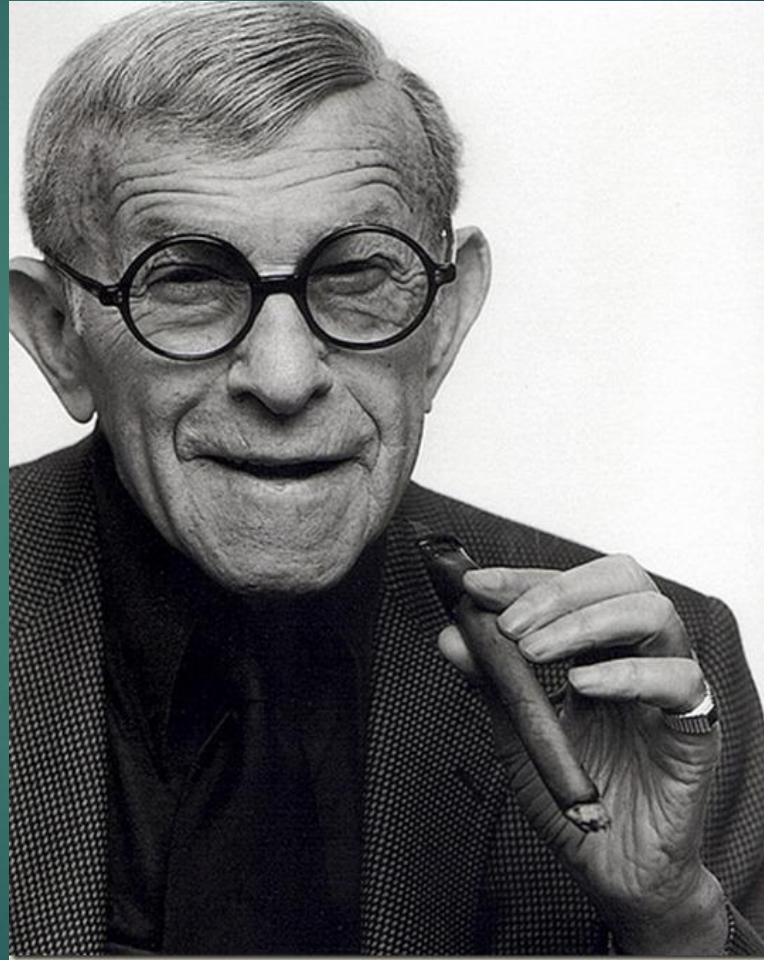
A 2005 study from [Harvard University](#) suggests that walking fast for about 35 minutes a day five times a week or 60 minutes a day three times a week improved symptoms of mild to moderate depression.

Do you have a pet?



The Role of Humor

- The Physical side
- The Emotional side



Help others.

The role of
distraction.



Add Some Music
to your Day.



Keep a set sleep schedule.

Are daytime naps a good idea?

7 Healthy Sleeping Habits for Adults

that can significantly improve your mood, health and ability to focus

- 
1. Create a Routine
 2. Find time to Relax Before Bed
 3. Have a Hot Tea or Water
 4. Use Relaxation Music
 5. Comfortable Environment
 6. Choose the Right Mattress for You
 7. Try Not to Sleep on Your Back

Limit your caffeine intake.

caffeine spikes your insulin levels

drops blood sugar levels



Eat smarter

Good news...Certain foods, like [chocolate](#), can help to enhance your mood and relieve anxiety.

The bad news? Comfort food normally includes plenty of carbs and sugar, but these will only add to existing feelings of fatigue.



If your symptoms are persistent, visit your primary care physician.



References

1. 7 surefire ways to beat seasonal affective disorder and cure the winter blues. (2018, october 30). Retrieved october 30, 2018, from https://healthprep.Com/conditions/7-surefire-ways-to-beat-seasonal-affective-disorder-and-cure-the-winter-blues/?Utm_source=bing
2. 8 scientifically-backed ways to beat the winter blues. (N.D.). Retrieved october 30, 2018, from <https://www.Realsimple.Com/health/mind-mood/emotional-health/winter-blues>
3. Misener, J. (2013, december 13). 13 simple tips and tricks for beating the winter blues. Retrieved october 30, 2018, from <https://www.Buzzfeed.Com/jessicamisener/simple-tips-tricks-for-beating-the-winter-blues>