

## HOW TO MANAGE THE WINTERTIME BLUES

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The Wintertime blues is another name for seasonal affective disorder (SAD).

SAD is a form of mild to moderate depression that descends in the fall or winter months and fades in spring. In addition to sadness and irritability, symptoms can include oversleeping, increased appetite, craving carbohydrates or sugar, social withdrawal, and low energy.

Some people feel the slump at the same time every year, but certain factors can bring on SAD for the first time. Moving to a new region or a home that receives less light, an especially harsh winter, working the night shift, and physical or emotional stress all predispose you to seasonal mood changes.

According to Sue Pavlovich of the Seasonal Affective Disorder Association (SADA), the following tips could help. "Everyone's affected differently by SAD, so what works for one person won't for another," she says. "But there's usually something that will help, so don't give up if the first remedy you try doesn't work. Just keep trying."

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Nothing in nature blooms all year long, be patient with yourself.

*Quotes sourced from [Self By Design](#)*

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### Book of the Month Recommendation

#### Stop Overthinking

by Nick Trenton

*Stop Overthinking is a book that understands what you've been through, and how you lose your mind in the trap of anxiety and stress. Acclaimed author Nick Trenton will walk you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. What's more, the book will provide you scientific approaches to completely change the way you think and feel about yourself by ending the vicious thought patterns.*

## 1. Keep Active

Research has shown that a daily one-hour walk in the middle of the day could be as helpful as light treatment for coping with the winter blues.

## 2. Get Outside

Go outdoors in natural daylight as much as possible, especially at midday and on brighter days. Inside your home, choose pale colors that reflect light from outside, and sit near windows whenever you can.

## 3. Keep Warm

Being cold makes you more depressed. It's also been shown that staying warm can reduce the winter blues by half. Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18C and 21C (or 64F and 70F degrees).

## 4. Eat Healthily

A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Balance your craving for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

## 5. See the Light

Some people find light therapy effective for seasonal depression. One way to get light therapy at home in winter is to sit in front of a light box for up to two hours a day. (Light boxes give out very bright light at least 10 times stronger than ordinary home and office lighting).

"Some people find that using a dawn simulator (a bedside light, connected to an alarm clock, that mimics a sunrise and wakes you up gradually) as well as a light box can enhance the beneficial effect," says Pavlovich.

## 6. Take Up a New Hobby

Keeping your mind active with a new interest seems to ward off symptoms of SAD, says Pavlovich. "It could be anything, such as playing bridge, singing, knitting, joining a gym, keeping a journal, or writing a blog. The important thing is that you have something to look forward to and concentrate on," she adds.

## 7. See Your Friends and Family

It's been shown that socializing is good for your mental health and helps ward off the winter blues. Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.

**For more information or advice, contact eni online at:**

**[www.eniweb.com](http://www.eniweb.com)**

## Tips for Eating Smart & Staying Healthy During the Holidays

### Find Healthy Alternatives

Healthy eating doesn't mean you have to give up your holiday favorites — all they need are a few modifications. You can use less butter, add more vegetables, and bake meals instead of deep frying them.

### Opt for Homemade

Canned, processed, and premade foods are full of excess salt and sugar that you can avoid by making the dishes yourself.

### Sticking to Your Sleep Schedule

Studies have shown that, unsurprisingly, irregular sleep schedules can lead to poor sleep quality, fatigue, poor eating habits, and daytime sleepiness that can take time to reverse. Avoid this by going to bed and waking up as close to the same time as you usually do.

### Take Time for Yourself

Whether you're staying with family over the holidays or just attending a large number of events, remember to take time every day for yourself. Go for a walk, meditate once a day, or offer to go to the store for a few minutes of quiet. Even extroverts need time to recharge.