



Mental Health Monthly Newsletter

DECEMBER

Whats in This Month's Issue?

- What are the Winter Blues?
- Ways to Fight off the Winter Blues
- Mental Health Resources



Winter Blues

The winter blues, sometimes called seasonal affective disorder, or SAD, is a condition that causes depression symptoms during the winter months. One common reason is that there is less daylight during the winter months, and this can cause or intensify depression in people who are prone to it. Another reason is that there is often a lot of stress associated with the holiday season, then a letdown afterward. In places with a cold, snowy climate, being stuck indoors for an extended period of time can contribute, too. The good news is that there are steps you can take to feel better.

☐ Battle the
☐ **Winter Blues**
☐
☐ with These Tips
☐

1

Get Outside

Even if the weather is overcast and cold, spending time outdoors can help stave off depression. Being outdoors can increase your mindfulness, boost your self-esteem, and give you new insight on problems that you need to solve. Try to get outside every day, even if it's only for a few minutes. If the weather is really frightful or you are feeling physically under the weather, position yourself near a window and crack it open for a few minutes of fresh air, if possible.



2

Exercise Regularly

Another benefit of getting outside is that it often leads to exercise. Getting 30 minutes of exercise each day can boost your spirits and alleviate some of the symptoms of winter depression. You don't need to put in a full workout if you don't have the time, energy or desire. Instead, go for a short walk two or three times per day. As long as your exercise lasts at least 10 minutes, you can count it toward your 30 minute total. It could be as simple as taking the dog for a walk, or dancing to your favorite song.



Laughter

When you're feeling down this winter, find something to raise your spirits. You know what makes you laugh: Is it the holiday classic, *Friday After Next*? Maybe a good Anime like, *One Piece* is more your style. Or maybe you crack up watching dancing cat videos on YouTube or scrolling through funny memes on Instagram. Whatever it is that tickles your funny bone, take a few minutes each day to indulge. You know what they say: Laughter is the best medicine.

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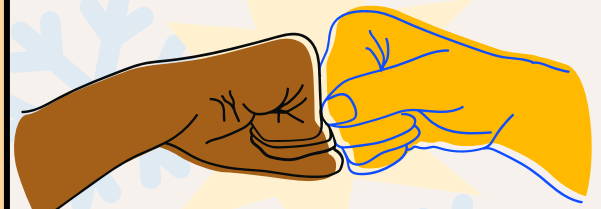
Eat Well

During the holiday season, in particular, it's common to fill up on heavy foods for some meals while skipping other meals. Take control of your eating schedule and be sure you're getting the nutrition you need. If you are going to a party or holiday gathering later in the day, eat fresh, light foods like yogurt, salad, and fruit for breakfast and lunch to balance out the foods high in fat, sugar or salt. Eating well will keep your blood sugar at a consistent level and this can also keep your moods on a more even keel.



Make Plans with Friends

Winter blues and bad weather can cause you to become more isolated. This, in turn, can lead to more depression. Break the cycle by making plans with friends. If you don't have friends who are interested in getting together, try volunteering at a mentoring program, walking dogs for the humane society, or joining a community organization. Putting yourself out there and talking to others is one way to make yourself feel like socializing even more, which is a much better cycle to be in.



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Creative Expression

Tapping into your creative self can help with managing the winter blues. Anything from painting, drawing, creating jewelry, crafting, photography to writing poetry, song, or a rap. Let those emotions and feelings flow through expressing ourselves creatively.



Mental Health Resources

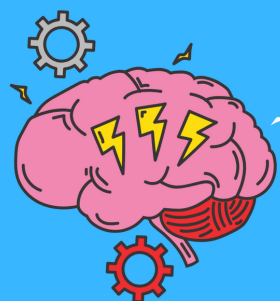
Confidential and free online mental health support.

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SCAN ME



BE KIND TO YOUR MIND

OPEN TO ALL
BARTRAM
STUDENTS!



GIVE YOUR MIND A FEW MINUTES TO CHECK- IN

WITH
Ms. Gennefer

EVERY MONDAY & FRIDAY

FROM

9 AM — 10 AM

IN ROOM 211

RULES FOR VISITING MS. GENNEFER

- MUST RECEIVE PERMISSION FROM TEACHER OR STAFF
- WILL MEET FOR 15 MINUTES ONLY