

NEWSLETTER

WINTER BLUES, OR SOMETHING MORE SERIOUS

NINE SIGNS THAT YOU OR SOMEONE YOU KNOW MAY BE STRUGGLING WITH SEASONAL AFFECTIVE DISORDER

December, 2021

It's that time of year again. When the sun goes down by 6 p.m., the morning air is crisp and cool, and your breath turns into fog right before your eyes! This time of year brings many changes, some welcomed and some not.

You may be familiar with the winter blues or know someone who has a more challenging time as the weather drops. Your Winter Blues could stem from adjusting to weather patterns for some. Others may experience more severe symptoms that impair their emotional and mental health.

According to *The Mayo Clinic*, "Seasonal affective disorder (S.A.D.) is a type of depression that's related to changes in seasons — S.A.D. begins and ends at about the same time every year. If you're like most people with S.A.D., your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, S.A.D. causes depression in the spring or early summer."

The Mayo Clinic urges us not to "brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own," and instead "take steps to keep your mood and motivation steady throughout the year."

The Mayo Clinic lists nine signs & Symptoms of S.A.D.

1. Experiencing changes in your appetite or weight
2. Feeling depressed most of the day, nearly every day
3. Feeling hopeless, worthless or guilty
4. Feeling sluggish or agitated
5. Having difficulty concentrating
6. Having frequent thoughts of death or suicide
7. Having low energy
8. Having problems with sleeping
9. Losing interest in activities you once enjoyed

If you are experiencing any of these symptoms, or think you may be suffering from S.A.D., talk to your health care provider or mental health specialist about your concerns.

We are your Hospital's emotional wellbeing program for older adults. Our highly trained team provides exceptional patient care and offers mental health support & education to our Hospital and the local community.

If you have questions about Winter Blues, S.A.D., or need help finding other local Mental Health resources, please reach out today.

We are your hospital's outpatient emotional wellbeing program designed for patients typically 65 and older experiencing depression and/or anxiety, often related to problems encountered with aging such as grief and loss, chronic illness, or transition of life issues.

If you or someone you know could benefit from this program, don't hesitate to get in touch with us