

Beating the Winter Blues

If colder weather and shorter days cause you to feel the winter blues, you are not alone!

For some, this mood change is temporary and is easily managed with lifestyle modifications. But for others, the winter blues can turn into a more severe type of depression called Seasonal Affective Disorder or SAD. The good news? There are things you can do to beat the winter blues.

Winter Blues vs. Seasonal Affective Disorder

Winter Blues

The "winter blues" are fairly more common and milder than S.A.D. usually clearing up on its own in a short amount of time. It is often linked to something specific, such as stressful holidays or reminders of absent loved ones.

Seasonal Affective Disorder:

"Seasonal affective disorder" on the other hand is a clinical diagnosis related to the shortening of daylight hours. Individuals with S.A.D find that their disorder interferes with daily functioning over a significant period of time. It follows a regular pattern and appears each year as the seasons change, and goes away usually during spring and summer.

Here are 6 signs you may have Seasonal Affective Disorder

- 1: Sleeping too much or too little
- 2: Appetite and weight changes
- 3: You don't enjoy your usual hobbies
- 4: Frequent mood swings
- 5: Withdrawing from others
6. Sad or depressing thoughts

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6 Tips to combat Winter Blues or SAD

1. Light Therapy
2. Exercise
3. Improve your diet
4. Supplement with Vitamins
5. Relaxation
6. Embrace the Season

Further resources:

1. How to Beat the Winter Blues. (2021, January 4). Verywell Mind. <https://www.verywellmind.com/how-to-beat-the-winter-blues-5087998>
2. Beat the Winter Blues. (2017, September 8). NIH News in Health. <https://newsinhealth.nih.gov/2013/01/beat-winter-blues>
3. Psych2Go. (2018, December 15). 6 Signs You Have Seasonal Affective Disorder (SAD) [Video]. YouTube. <https://www.youtube.com/watch?v=HWBJpATz7-w>

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