

FIGHTING WINTER DEPRESSION

Repeated depressive symptoms during the dark winter months from October to January may be a sign of seasonal affective disorder (SAD), also known as winter depression.

The symptoms include:

- daytime fatigue
- slump in mood, irritability
- decreased level of general activity
- decreased level of physical activity
- indefinite aches and pains
- excessive sleep, poor sleep quality or insomnia
- abnormal craving for sugary foods (increased need of carbohydrates)



Photo: Timo Saloranta, www.rodeo.fi

The symptoms can vary considerably between individuals.

The dark winter months can be a challenging time.



Photo: Barbro Wickström, www.rodeo.fi

Tips for beating the winter blues:

- Exercise regularly, get plenty of fresh air and relax.
- Get enough sleep and maintain a regular daily and weekly schedule.
- Make sure you're getting enough vitamin D.
- Increase your exposure to natural light by walking outdoors in the daytime. Light therapy can also be helpful.
- Remember that tiredness may lead people to exaggerate their problems and the winter gloom.

Meet your friends and family to share your feelings and find ways to raise your spirits!



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