

# Battling the Winter Blues

For some, the winter months can feel really difficult. A decrease in sunlight exposure can disrupt your circadian rhythm and serotonin production. Your circadian rhythm is in charge of your sleep-wake cycle, and serotonin is a neurotransmitter that helps to regulate your moods.



Disruption to these systems can contribute to uncomfortable or unusual mood changes. If you experience noticeable shifts in your mood during the winter months, you might be experiencing *The Winter Blues*,


## What are some symptoms of the Winter Blues?

- Mild feelings of Sadness
- Difficulty sleeping
- Decrease in energy
- Lack of motivation to complete tasks
- Social Withdrawal

Symptoms of The Winter Blues often emerge as the winter begins and the days become shorter, darker and colder. Symptoms tend to fade away during the spring and summer months.

## Tips to combat The Winter Blues and SAD

- Keep up with a healthy sleep routine
- Exercise Regularly (ex. 30 mins 3x per week)
- Practice self care
- Eat a balanced diet
- Stay connected with friends and family
- Plan enjoyable activities
-  Let the sunshine in 
- Speak with your doctor about Vitamin D supplements
- Consider investing in an LED sun lamp for light therapy
- Seek out support from trusted loved ones or a mental health professional



If you notice that your mood changes become severe, you might be experiencing Seasonal Affective Disorder (SAD,) which is often referred to as "seasonal depression." If you are in need of support, please reach out to Hudson Guild's Mental Health Department to be connected with a licensed therapist.

**NYC Well:** 1-888-NYC WELL (692-9355) or text WELL to 65173

**Hudson Guild Mental Health Counseling Services:** (212)-760-9822