

FEBRUARY WELLNESS



BEATING THE WINTER BLUES

SAD, seasonal affective disorder, is a type of depression which can occur to anyone, but more often effects women, people who live in areas with less sunshine during the winter months, those between the ages of 15 and 55, and those who have a close relative who has experienced SAD.

You may have Seasonal Affective Disorder if you experience the following during the months of September to May:

- ~ Feelings of sadness, anxiety or moodiness.
- ~ Weight gain, hunger or cravings for carbohydrates.
- ~ Loss of interest in activities you usually enjoy.
- ~ Tiredness, but with more sleep.
- ~ Inability to concentrate.

If you have Seasonal Affective Disorder, you can:

- ~ Talk with your doctor for information on treatments, such as light therapy.
- ~ Try counseling, such as cognitive-behavioral therapy or interpersonal therapy.
- ~ Engage in exercise that raises your heart rate, such as walking, biking or even daily chores. For maximum results, exercise outdoors & during the day, to get sunshine at the same time. Even exercising indoors near a sunny window can offer additional benefits.

For more information on SAD, click here: [Seasonal Affective Disorder \(SAD\)](#)

If you would like to beat the winter blues, and renew energy during the winter months, it may be time to challenge yourself with a goal that excites and motivates you. For concrete ideas about *taking that motivation into making habits* that set your goal into action - from a runner's perspective - click here:

[Motivation Video for Setting a New Fitness Goal That Excites You](#)

This video, which is less than 15 minutes, can get you started on the right path. Although it is about running, it has helpful tips for all goals!

West Suburban Health Group Website: westsuburbanhealth.com

Health Provider Websites: Fallon: fchp.org Harvard Pilgrim: harvardpilgrim.org

Tufts: tuftshealthplan.com Blue Cross Blue Shield: bluecrossma.com