

## When it's more than winter blues

**W**inter can be a difficult season. The days are shorter and colder.

You may spend more time indoors. You might not do all the fun things that you usually do. Because of these changes, plenty of people get down during the darker months. Some people go through a more serious form of the winter blues called seasonal affective disorder.



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### Seasonal affective disorder tips:

**1** Seasonal affective disorder is a type of depression that comes around the same time each year. It usually starts in fall and ends in spring. Winter is usually the toughest season for people to get through.



**2** The disorder mostly affects women and young adults and people who live far from the equator where there is less sunlight. People who have had depression are more likely to have seasonal affective disorder.

**3** The most common way to treat the disorder is light therapy. That means sitting in front of a special bright light for 15 to 30 minutes a day.

**4** Medications and therapy can also help with seasonal affective disorder. A therapist can talk you through your feelings and help you find ways to stay active and connected to the people.

**5** Go outside as much as possible to take in natural light. Even if it's cold, go for a short walk outside during your lunch break. When indoors, spend time near windows.



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