



# WINTER is here

## SEASONAL AFFECTIVE DISORDER (S.A.D.)

SAD is a mood disorder that happens around the same time each year.

In 2019, 47% of UMW students said they felt so depressed it was hard to function. \*NCHA



### Symptoms of S.A.D.

- Fatigue
- Depression
- Social withdrawal
- Hopelessness
- Having problems with sleep
- Losing interest in activities

### Strategies to Cope with S.A.D.

- Increase your natural light exposure by opening your curtains to let in light or going for a walk outdoors.
- Exercise to increase energy and endorphins.
- Try mindfulness, art therapy, guided meditation, or yoga.
- Connect with a social support network.
- Shift your mindset - instead of thinking how cold it is outside, enjoy that you can wear your comfy warm clothing!
- If symptoms are causing disruptions in life, increased alcohol consumption or suicidal ideation, seek help from the Talley Center (Ext 1053, Lee 106 and Tyler House).



Battle S.A.D. this winter. Embrace the chance to cozy up with Hygge!

## HYGGE (HYOO.GUH)

*noun. a quality of coziness and comfort that creates a feeling of contentment or well-being (highly valued in Danish culture).*



### How can you bring more Hygge into your life?

- Spend time around soft, yellow lighting.
- Consume warm food and drinks (oatmeal, hot cocoa, tea).
- Dress for the weather! Don't walk around cold.
- Get cozy - Use blankets, slippers, fuzzy socks and scarves.
- If you don't have cozy gear, visit the Eagle Resource Closet in Lee Hall!
- Gather with good company as often as you can.
- Slow down and find joy in the little things.
- Indulge in treats mindfully.



## SLEEP

Getting the optimal amount of quality sleep can improve mental health.

In 2019, 26% of UMW students said that trouble sleeping interfered with their academics.

### Tips for Falling Asleep

- Aim for a consistent daily schedule and set up a bedtime ritual to wind down.
- Exercise during the day! But not too close to bedtime.
- Avoid drinking caffeine in the later afternoon.
- Avoid napping too close to your bedtime.
- Restrict screen time, or switch your phone to "night mode" to avoid blue light, at least 30 minutes before bedtime.
- Use earplugs and eye masks to drown out noises and light.
- Try a breathing or relaxation exercise from YouTube.

