

Seasonal Depression: What Is It And How Can You Help

Description

Seasonal depression, or [seasonal affective disorder](#), is often referred to as “winter depression” because a lot of the symptoms people experience worsen over the winter months. Many people report that the change in weather and the darkness of the sky can have serious effects on their mental health and can leave them feeling depressed and unmotivated. Often, people who experience seasonal depression also experience depression throughout the year too, it’s just that their symptoms become much more severe during wintertime. The change of seasons from the bright sunny days to dreary grey mornings can leave people feeling very low and it can affect their whole life. A lot of people tend to dismiss seasonal depression as they feel as if it isn’t a real disorder, but there is a lot of scientific evidence to back the effects seasonal change can have on our minds.

So, now that we have established what seasonal depression is, it is time to have a discussion about what methods you can use to help ease some of the feelings. Of course, depression is a very serious illness, and it is unlikely that any of the tips will cure depression, but they may be helpful even in just the smallest way. When you are feeling depressed, it is important to appreciate the little things and if even something small brings you joy, then focus on that and keep on doing it. This article will discuss a few things you can do help cope with your seasonal depression. As mentioned above, not all of them will be effective for everyone, but perhaps give them a try and see if they work for you.

Talk To Your Doctor

If you know that you suffer from seasonal depression every year or even if you have only just started to notice the effects, then it is always best to talk to your doctor. It is very reasonable to have [stress during the holidays](#) as there is an enormous amount of pressure to go to events or just to feel happy. The holiday season is synonymous with parties, presents, and happiness, which is why if you do not feel happy, you can suddenly take a sharp turn and start feeling as if you are missing out or ruining other people’s experiences. Feeling like this is a fairly common experience, so it is important to know that you are not alone in this and there are other people who feel the same way. Talking to your doctor will give you a good outlet as you can explain your feelings and they can give you ways to help. It could be that they recommend you see a therapist, or they may offer medication as another potential treatment.

Make Plans With Friends

One big part of seasonal depression can leave people feeling very isolated and removed from their loved ones. During the summer months, it is a lot easier to hand out and see people as the weather is so nice, so you just want to spend it at home. If you know that during the winter you start to feel isolated, then it could be a good idea to start making plans now. Get together with your friends and start organizing the different trips you can all do together in the winter. It doesn’t have to be expensive or extravagant plans. It could just be something as simple as having a movie night together or watching your favorite shows. It is likely that during the winter, you won’t want to explore outside the house too much anyway, so planning some cozy nights in could be the way to go. You could even host the movie nights at a different person’s house each week, to make it a bit more interesting.

Light Therapy

Another good tip that could help with seasonal depression is light therapy. One of the big causes of seasonal depression is that there is a distinct lack of natural sunlight as the days are now much shorter. Sunlight is very important for people as it gives us Vitamin D and can help release serotonin. So, if you are starting to feel depressed during the summer months, then it would be a good idea to first try and get as much natural sunlight as you can. If you have a lunch break at work, then take that time to go out and just sit in natural light for half an hour or so. Another alternative to this is light therapy as this is a good way to get the effects of sunlight when there isn't any in the sky. Light therapy involved sitting by a [special lamp](#) that is designed to mimic the effects of sunlight. Most people do light therapy for around 30 minutes every morning, to start their day off right.

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