



Beat the Winter Blues

Presented By |
HealthCheck360



Agenda

**Signs and symptoms of the winter blues
and SAD (Seasonal Affective Disorder)**

Tips and tricks to help beat the blues



Signs and symptoms

- Persistent low mood or sadness
- Feelings of hopelessness, guilt, or low self-worth
- Fatigue or low energy
- Difficulty concentrating or making decisions
- Sleep disturbances (either sleeping too much or having trouble falling asleep)
- Increased appetite, particularly cravings for carbohydrates
- Weight gain
- Loss of interest in activities you once enjoyed
- Social withdrawal or feelings of isolation

Winter blues – symptoms are mild

SAD – Affect daily life and functioning



Causes?

Biological clock change

Brain chemical imbalance

Vitamin D deficiency

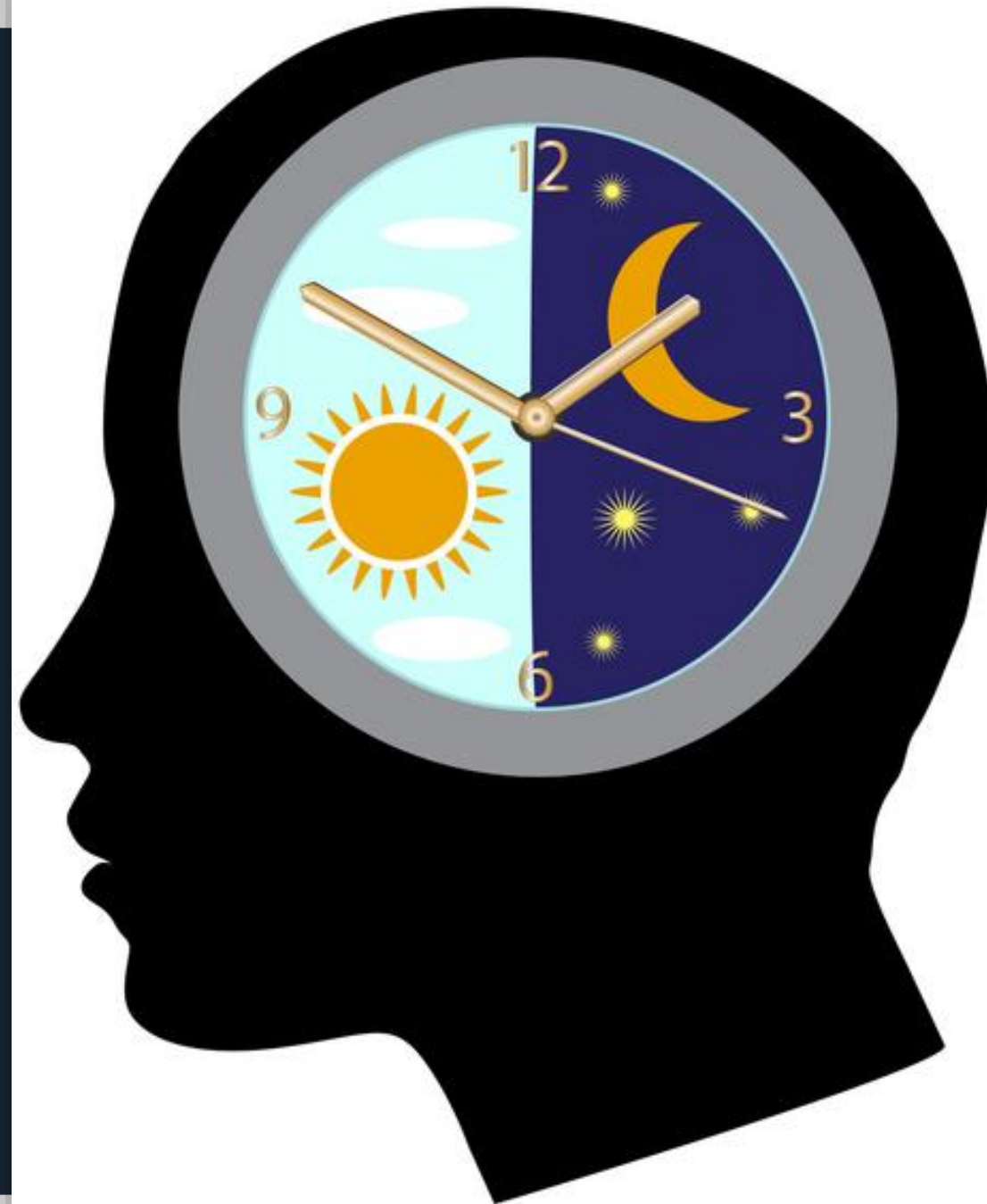
Melatonin boost

Negative thoughts

SAD risk increases:

- In people between 18 and 30 and women.
- Have another mood disorder, such as major depressive disorder or bipolar disorder.
- Have relatives with SAD, other forms of depression or mental health conditions, such as major depression or schizophrenia.
- Live at latitudes far north or far south from the equator.
- Live in cloudy regions.

<https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression>





Tips

Get outside

Stay active

- 10x10x10 plan

Limit screen time

Take a “psychological holiday”

Practice meditation

Practice gratitude

Laugh!

Prioritize sleep





Tips

Socialize

- Volunteer

Nutrition

- Omega-3 fatty acids
- B Vitamins
- Antioxidants
- Probiotics

Hygge

Ask for help



Other forms of help

Cognitive Behavioral Therapy (CBT)

Light Therapy

Supplementation

- Vitamin D
- Magnesium

Medication





Summary

The Winter Blues or SAD can affect all of us

Know your risks and the symptoms

Make some small changes to help

Ask for help



Upcoming Webinars

Finding Your Why

Long-lasting change starts with knowing your “why.” Kick off the new year by discovering the deeper reasons behind your goals and how purpose can power your progress.



January 7

Running for Your Heart Health

Celebrate Heart Health Month by exploring how walking, running, and other cardio activities strengthen your heart and boost overall well-being.



February 4

Lifestyle Rewards



1. **True or False: The Winter Blues and SAD are the same thing.**
 - a) True
 - b) False
 2. **What is one symptom mentioned?**
 - a) Difficulty concentrating
 - b) Improved sleep
 3. **What is one strategy mentioned to help improve your mental health?**
 - a) Practice gratitude
 - b) Isolate more
- * If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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Contact a Health Coach

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Questions?

