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Subject: It's Winter and I Want to Hibernate: Seasonal Affective Disorder

Devine Mental Health Services

Spring 2007 Newsletter

www.DevineRelaxation.com

It's Winter and I Want to Hibernate—Seasonal Affective Disorder

The radio weather person just said, “And now, Dallas-Ft. Worth weather in a word.”
And then they bleeped him.

Seriously, this is the time of year when many people struggle with the short days, cloudiness and lack of sunshine. They want to eat carbohydrates, sleep, and generally feel unmotivated and depressed. This is an actual physical response to lack of stimulus from sunlight.

What Can I Do About It?

Although there are light box therapies available, they require ordering a special device which simulates sunlight and having you sit in front of it for long periods of time. I can help you with this in session if you prefer, or you might want to try the following remedies first.

- a) **Get outside.** Try to be in natural light for 30 minutes. Even the cloudiest day emits stronger rays than indoor lighting.
- b) **Turn on the lights during the day.** Brightly lit areas lift mood somewhat. Open the drapes and turn on as many lights as are available.
- c) **Don't set New Year's Resolutions yet.** Wait until late March when longer days and warmer temperatures prevail, and your energy returns.
- d) **See your therapist.** Feelings that are faced and talked through can be managed more constructively.

Look at this time of year as your “fallow field” time if you need to. Remember, winter is nature's time to REST, not produce. Let yourself rejuvenate and prepare for the energy of spring.

Please feel free to email me with further questions!

Best Wishes,
Debbie

P.S. Debbie Devine's [website and relaxation CD](http://www.DevineRelaxation.com) is now available! Please go to www.DevineRelaxation.com for helpful readings as well as to order my CD for relaxation, sleep and pain management. While visiting my website, please **email me to sign up for** future newsletters. Newsletters will no longer be mailed by postal delivery. Email addresses will NOT be shared or sold. You may also call me at 214-410-0435 for appointments or CD orders. CDs are \$20 payable by cash, check or credit card and can be mailed to you.

I look forward to hearing from you!

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