

DECEMBER 2023

Seasonal Affective Disorder Awareness Month



The main age on onset seasonal depression is between **20 - 30** years of age.



Rich amounts of Vitamin C can help fight fatigue and depression.



Seasonal depression is also known as Seasonal Affective Disorder (SAD) or the Winter Blues.



Happiness can be found even in the darkness of times, if one only remembers to turn on the light.

- J.K. Rowling



4 out of 5 people who suffer from seasonal depression are women.

Symptoms of season depression could be:

- Mood Changes
- Sleep Problems
- Limited Mobility
- Overeating
- Social Problems
- Withdraw

WHAT DID ONE CHRISTMAS TREE SAY TO ANOTHER?



LIGHTEN UP!

5 WAYS TO HELP PREVENT SEASONAL DEPRESSION:

1. Exercising more.
2. Increasing the amount of light at home.
3. Stress management activities, such as Meditation.
4. Spending more time outside.
5. Visiting climates with more sun.

WHERE WOULD YOU FIND A SNOWMAN DANCING?



AT A SNOWBALL

MONTHLY MENTAL HEALTH GOAL: _____



DECEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NATIONAL RED APPLE DAY 	2
3	4 NATIONAL COOKIE DAY 	5 Try to drink 8 glasses of water today!	6 How to cope? https://www.talkspace.com/blog/how-to-deal-with-sadness/	7 BEANS ARE FILLED WITH HIGH MOOD STABILIZING FIBER 	8 SWISS BALL EXERCISES CAN HELP WITH CORE STRENGTH 	9
NATIONAL GRIEF AWARENESS WEEK						
10	11 Blues? https://www.talkspace.com/blog/feeling-the-blues/	12 NATIONAL GINGERBREAD HOUSE DAY 	13 Try to go on a 30 minute walk today!	14 Depression Test https://www.talkspace.com/assessments/depression-test	15 NATIONAL UGLY SWEATER DAY 	16
17	18 Try to journal for 30 minutes today!	19 STRETCHING EXERCISES CAN HELP WITH FLEXIBILITY 	20 TOMATOES ARE PACKED WITH DEPRESSION FIGHTERS 	21 Try to take a 30 minute nap today!	22 Feeling Lonely? https://www.talkspace.com/blog/loneliness-in-college/	23
24 31	25 Merry Christmas 	26 NATIONAL CANDY CANE DAY 	27 9 Reasons https://www.talkspace.com/blog/why-am-i-so-lonely/	28 NATIONAL CALL A FRIEND DAY 	29 GROUP ACTIVITIES CAN PROVIDE POSITIVE SOCIAL INTERACTION 	30

TO-DO LIST

