



TIPS FROM DR. GUINA

WINTER MENTAL HEALTH TIPS

Dr. Guina, Easterseals Michigan's CHIEF medical Officer, has a few tips to remaining mentally healthy this winter during the outbreak.

Major Depressive Disorder with Seasonal Pattern (aka Seasonal Affective Disorder or the Winter Blues) is a condition affecting people's mood, thinking, sleep, appetite, and energy level. It typically gets worse during colder, darker months and better during warmer, brighter months. That is why people who live further from the equator are much more likely to get it than others (e.g., northern vs southern US).

- **Exercise** - Even 15-minute periods of activity (e.g., jumping jacks, running in place, pushups, sit-ups) can have a positive impact on physical and mental health.
- **Eat Healthy** - Proper nutrition can improve mental health
- **Stay Hydrated** - Dehydration can actually slow down your brain function. Drink plenty of water.
- **Avoid Drugs & Alcohol** - Your focus should be on being as healthy as possible.
- **Vitamin D** - Due to spending less time exposed to the sun we experience a drop in vitamin D. You can combat this depletion from natural food sources like dairy, supplements, or a light therapy with a high-quality light box, which may help some people.
- **Maintain Contact** - During this difficult time of social isolation, try to maintain contact any way you can with loved ones. Talk by the phone so you can hear their voice, set up a video chat so you can see their face, or organize virtual game nights.



Let's beat the winter blues together.



For more information on mental health services, go to www.EastersealsMichigan.com or call 1.800.75.SEALS.

