Winter Blues: Treatment and Prevention

Feeling depressed or sad?

Don’t wait: talk to your healthcare provider today!

CMMC FMR Clinic:
Phone: 207-795-2800
76 High Street
Lewiston, ME 04240

Tri County Mental Health:
Phone: 207-783-9141
Crisis Services: 1-888-568-1112
1155 Lisbon St.
Lewiston, ME 04240

Bibliography:


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This brochure was made by Ashley Deeb, MSIII
What are the winter blues?

The winter blues, also known as winter depression or seasonal affective disorder, is a type of depression which occurs at certain times of the year. Often, people experience depression or low mood in the late fall and winter months. Symptoms include:

- Feeling depressed or sad most of the day
- Feeling hopeless or worthless
- Low energy
- Low interest in activities you used to enjoy
- Sleeping trouble
- Trouble concentrating
- Change in appetite
- Feeling sluggish
- Thoughts of death or suicide

### Treatment

The winter blues are typically treated with medication, light boxes, or talk therapy. Listed below are some alternative treatments and preventative measures you can also try. **If you think you are suffering from the winter blues or have some of the symptoms, please talk with your healthcare provider. Always talk with your doctor before starting a new treatment.**

- Spend more time outside or near a source of daylight
- Exercise regularly
- Try to include more fruits and vegetable in your meals
- Improve your sleep
  - Keep a sleep journal
  - Avoid coffee or tea 4-6 hours before bed
  - Avoid alcohol 4-6 hours before bed
  - Set a bedtime and awakening time
  - Avoid napping
- Attend a local group or class
- Try a multivitamin or vitamin D

### Community Resources

- The YMCA offers exercise and art classes as well as a variety of other services.
  
  YMCA Phone: 207-795-4095

- St. Mary’s offers mind body programs, dietary advise, yoga classes, etc.
  
  St. Mary’s Phone: 207-753-4970

- The Cooperative Extension offers youth programs, nutrition and food programs, home gardening classes, and more.
  
  Website: https://extension.umaine.edu/androscoggin-sagadahoc/

- Walk with a Doc is offered in Rumford and Lewiston/Auburn.
  
  Website: walkwithadoc.org

- The FMR clinic at CMMC offers integrative medicine services as well as social workers which can help with mood disorders.
  
  FMR Clinic Phone: 207-795-2800

**Talk with your provider for more resources available!**