

## 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:

American Psychiatric Association. (2000). *Diagnostic and statistical manual of mental disorders* (4th ed., text rev.). Washington, DC: Author.

"Sleep Hygiene." *University of Maryland Medical Center*. N.p., n.d. Web. 09 Jan. 2017.

Pictures obtained from:  
1st image obtained from poconomountains.com

2nd image by Blerimuka licensed under CC Attribution-Share Alike 3.0 obtained from [https://commons.wikimedia.org/wiki/File:Winter\\_Season.JPG#filelinks](https://commons.wikimedia.org/wiki/File:Winter_Season.JPG#filelinks)

3rd image: "Winter forest, Trees in frost" by Larisa Koshkina licensed under CC0 1.0 obtained from <http://www.publicdomainpictures.net/view-image.php?image=27603&picture=winter-landscape&large=1>

This brochure was made by Ashley Deeb, MSIII

## Winter Blues: Treatment and Prevention

---





## 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](http://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!**