

## **SEASONAL DEPRESSION: KNOW THE SIGNS**



It's common to have "off" days accompanied by sadness and generally feeling 'down'. These days may grow more consistent with winter's arrival as nighttime becomes longer than the daytime, producing less sunlight. The weather can also prohibit many outdoor activities. Another factor causing sadness may center upon holidays as they do not always invoke happy memories for some. As December is Seasonal Depression Month, it is important understand this type of depression and its symptoms.

Seasonal Affective Disorder can affect around three million people each year. One noticeable sign is the cycle, as symptoms usually begin and end around a yearly pattern. Signs of Seasonal Affective Disorder can include but are not limited to:

- Low Energy
- Depressed Mood
- Hopelessness
- Irritability/Anxiety
- Poor Concentration
- Social Withdrawal
- Changes in Sleep and/or Appetite
- Loss of interest in activities you once enjoyed

These are only a few of the signs and other common depression symptoms may accompany them as well. Usually, many people see a decrease in their energy levels as the fall months approach. Sometimes, this may be their only symptom when experiencing SAD.

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### DECEMBER 2021 NEWS

December is:

- Seasonal Depression Awareness Month
- Dec. 1 World AIDS Day
- Dec. 5 International Volunteer Day
- Dec. 10 Human Rights Day

### PROGRAM NEWS & HIGHLIGHTS:

Seasonal Depression  
Tips for Holiday Stress  
Community Garden  
Gratitude to Highmark

EMO appreciates your donations. If you would like to make a donation today, please give us a call at 304-529-0753



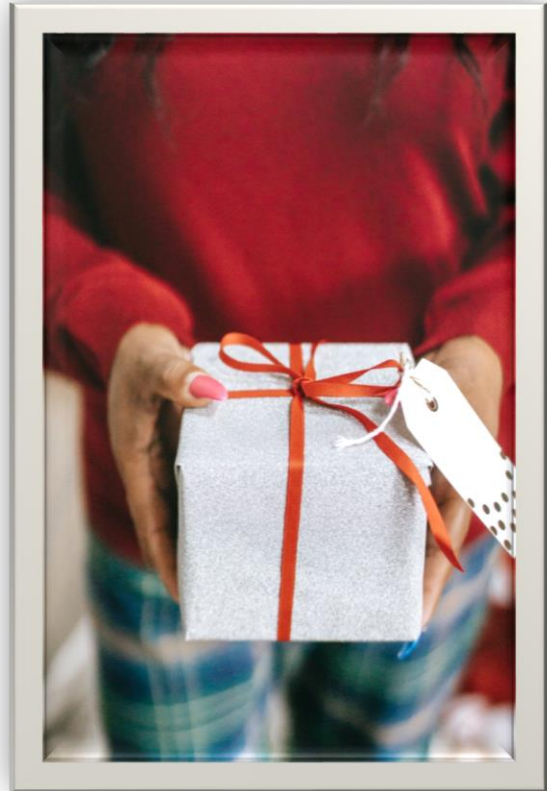
Therapists recommend sticking to a regular sleep schedule along with maintaining a healthy well balanced diet. If symptoms persist or worsen, it is recommended to seek counseling and medication treatment.

Other treatments could include practicing yoga along with meditation. It is also a possibility to allow more light into your home by opening blinds, and trimming trees back which may be blocking your windows. Seasonal depression is a season, and as with all seasons in life; they pass over time.

### **HOLIDAY STRESS MANAGEMENT:**

The holidays are a magical time but for many the stress in creating lifelong memories start to become overwhelming. Ebenezer Medical Outreach is here to offer helpful tips for anyone struggling.

- Manage your expectations. Memories don't need to be bought, they only need to be made. It is important to not stretch a financial budget which can create more worry for the months to come.
- Honor the emotions being felt and understand perfection isn't an unattainable goal. Give grace to yourself and others.
- Take time to enjoy and be present. Oftentimes, the hustle and bustle leave many distracted. Sit down and soak in the ambiance created by this special season.
- Start a new tradition. It can be something simple like driving around to look at the holiday lights, or baking cookies with family.
- Give gratitude for good things. Saying 'thank you' can be a reminder for the things we do have instead of placing focus on what we want or haven't yet attained.



## PROGRAM NEWS:



**Gratitude to Highmark Blue Cross Blue Shield:** Tuesday, Nov. 9, Highmark West Virginia presented Ebenezer Medical Outreach with the financial opportunity to expand their dental services throughout the Tri-State region.

**Volunteers Needed:** Ebenezer Medical Outreach is currently in the planning and development stages for their upcoming Community Garden. Volunteers are needed to be on call to help with maintenance to ensure a proper growing garden in Spring 2022.

**FOLLOW US:** EMO is expanding and growing. Stay up to date with all our news by following us on Facebook at Ebenezer Medical Outreach, Inc. We are also on Instagram @EmoHealthWV and Twitter @Ebenezer\_inc.

**We wish all a safe and happy holiday season!**



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