

**SHAHEED BHAGAT SINGH EVENING COLLEGE**  
*(University of Delhi)*

**NOTICE FOR STUDENTS**

How to solve seasonal depression?

This small article involves introduction and managing pointers.

Depressive Disorder with Seasonal Pattern is something many people suffer from. It is not a distinct disease, but a person might feel the same symptoms at same time period of the year, like in late fall and winter.

It is a season when a lot of people experience a dip in their mood.

Season changes affect your body's light exposure with less light your mood can dip causing tiredness, sadness of mood, low energy, Negative thoughts and sleep disturbances.

You might think why does this happen, well your brain relies on sunlight to produce serotonin (the feel good hormone) and it requires darkness to produce melatonin, the hormone that helps you sleep during darker months like autumn and winter, this balance falters. Your internal clock goes out of sink leading to low serotonin and high melatonin levels, this can result in

Oversleeping, weight gain, persistent low mood and reduced energy.

Good news is that there are ways to manage this:

- 1) Maximize your day light exposure by going for a day time walk or sitting by a window.
- 2) light therapy: you can take light box therapy for 20 minutes after an hour you wake up in the morning, don't look direct at light instead keep your eyes open.

These light boxes are commonly available on Amazon.

- 3) Lifestyle Changes: You can try to get as much as natural sunlight, exercises and take a proper balanced diet (Adding banana, grapes and green leafy vegetables can be beneficial).
- 4) Vitamin D: Try adding vit D in your diet.
- 5) Professional Help : You can take professional help.

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