

## Jay's Mental Health Tips

# Teens and seasonal depression.

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## I Hate Winter.

Seasonal depression? Yup. it's very real and you'd be surprised at the amount of people who deal with it. In my experience winter is a hard season for my mental health. The days get short and travel is difficult. I feel stuck. And I know that especially for teens feeling stuck is a hard feeling to manage.

## Why does Seasonal depression affect us?

The science.

As the days get short we lack sunlight. With this deficiency we lose drastic amounts of vitamin D. Without proper sunlight our body and a brain chemical called serotonin, our "happy hormone" drops. This increases the susceptibility to be sad.

Signs to look out for

- Hypersomnia (oversleeping)
- Feelings of sadness or hopelessness
- Decrease in interest
- Weight Loss
- Reduced energy

## How to help yourself

- Watch your sleeping schedule
- Set goals for yourself in times you feel down or unmotivated
- Ask family and friends for support
- And my personal favorite for the cold weather, Hot chocolate!



I hope this helps! :)