



# Did You Know?

March 2015

Lack of sunlight, freezing cold temperatures, and being stuck inside all day is a recipe for disaster. Many people suffer from lethargy and depressed moods during the colder months. Approximately 10% of all depression cases are caused by Seasonal Affective Disorder.

Is the freezing, snowy winter in WNY giving you the blues? Even if you cannot truly be considered clinically depressed, you may need some tips to boost your energy and mood during this cold winter. Below are some tips for handling the sun drought until spring arrives in WNY.

## What Can You Do To Get Out Of This Winter Funk?

- **Make the most of the weather and exercise:** There are plenty of activities to do in the snow.
  - Try skiing or snowboarding.
  - Take the family snow tubing for the first time.
  - Take advantage of outdoor ice skating rinks for little to no cost.
  - Build a snowman, it's free!
- **Do things that you would normally do outdoors and bring them inside:**
  - Have an indoor picnic with the family. Pack a picnic basket and lay a blanket out in the living room and have your own little indoor picnic.
  - Invite friends and family over for an indoor cookout. Pull the grill into the garage and cook your hamburgers and hot dogs. Ask guests to bring a dish to pass!
- **Plan a vacation, even if it's a "staycation":**
  - If you can afford a trip to somewhere warm, now is the time to go! Getting out of the miserable weather for just a couple days can boost your mood.
  - If you can't afford to go somewhere warm, book a "staycation." Find a local hotel with an indoor pool and decent nightly rate and stay over for just a night. Lounge in the heated pool area and even take a dip in the water. It will feel like you are on vacation, even if it's snowing outside!
- **Eat healthy:**
  - Dozens of experts recommend maintaining a healthy diet to beat the winter blues. Eating foods rich in nutrients and antioxidants such as fruits and vegetables and even dark chocolate can help improve your mood!

Sources: [www.health.harvard.edu](http://www.health.harvard.edu)

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