

WINTER BLUES

COPING WITH SEASONAL DEPRESSION



Kinwell

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Group Agreements

- Arrive on time, let facilitator know of planned absences
- Keep group confidential
- Silence cell phones, close other distractions
- Bring an attitude of acceptance and non-judgment for self and others
- Group is an “open” format, meaning people may join throughout the series
- Respond with chat box and emojis
- Stay on mute unless speaking to the group
- Be on camera

What to Expect

Week 1: Introductions, Learn about SAD, Explore your seasonal patterns

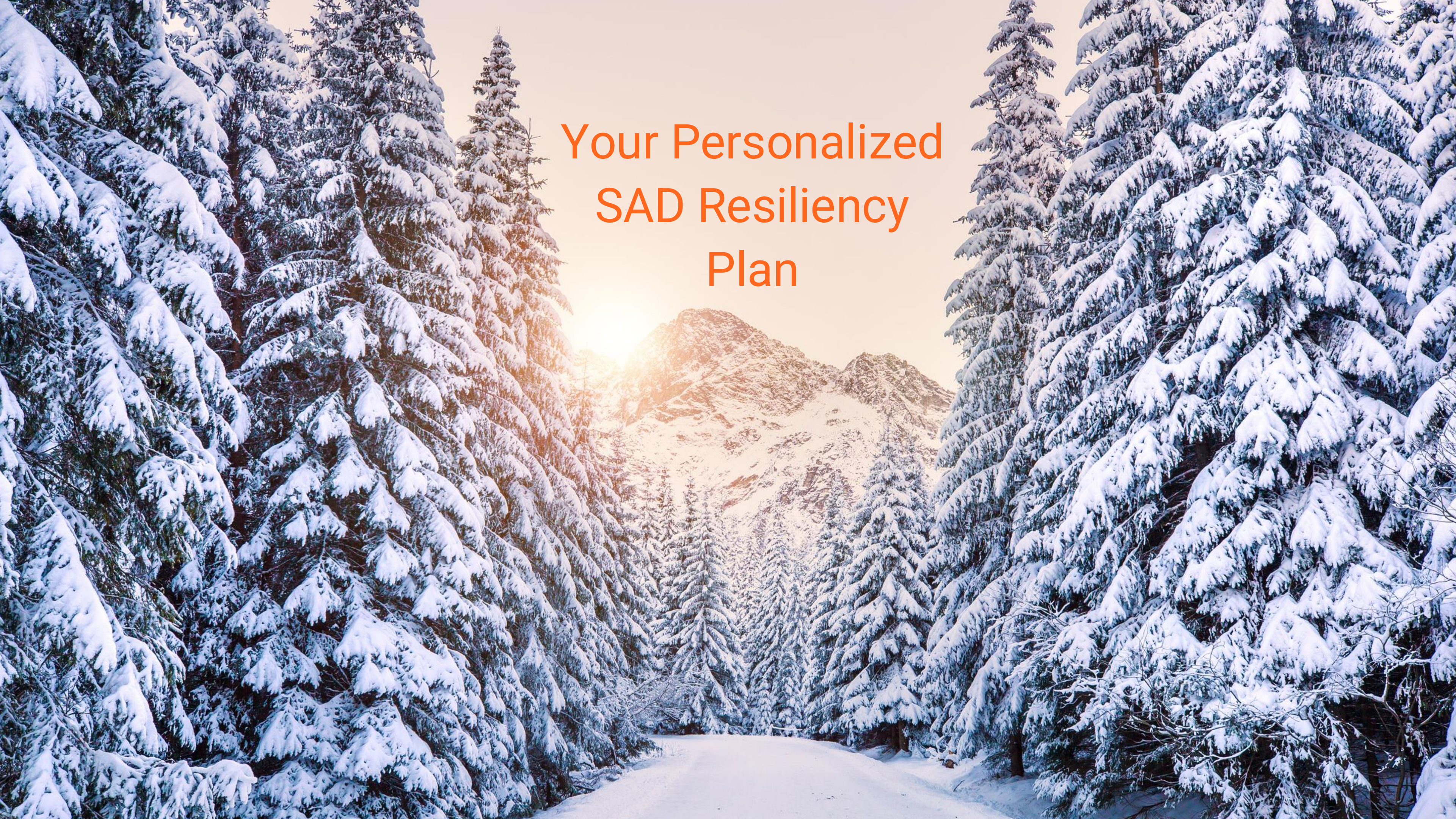
Week 2: Circadian rhythm, Light therapy

Week 3: Mindset, thoughts & beliefs about winter; Challenging automatic thoughts

Week 4: Special guest Valerie Wintler, ARNP, joins us to talk about biological aspects of SAD, medications and supplements that help / don't help.

Week 5: Lifestyle supports: diet, exercise and substances; Stress management; Community and social engagement

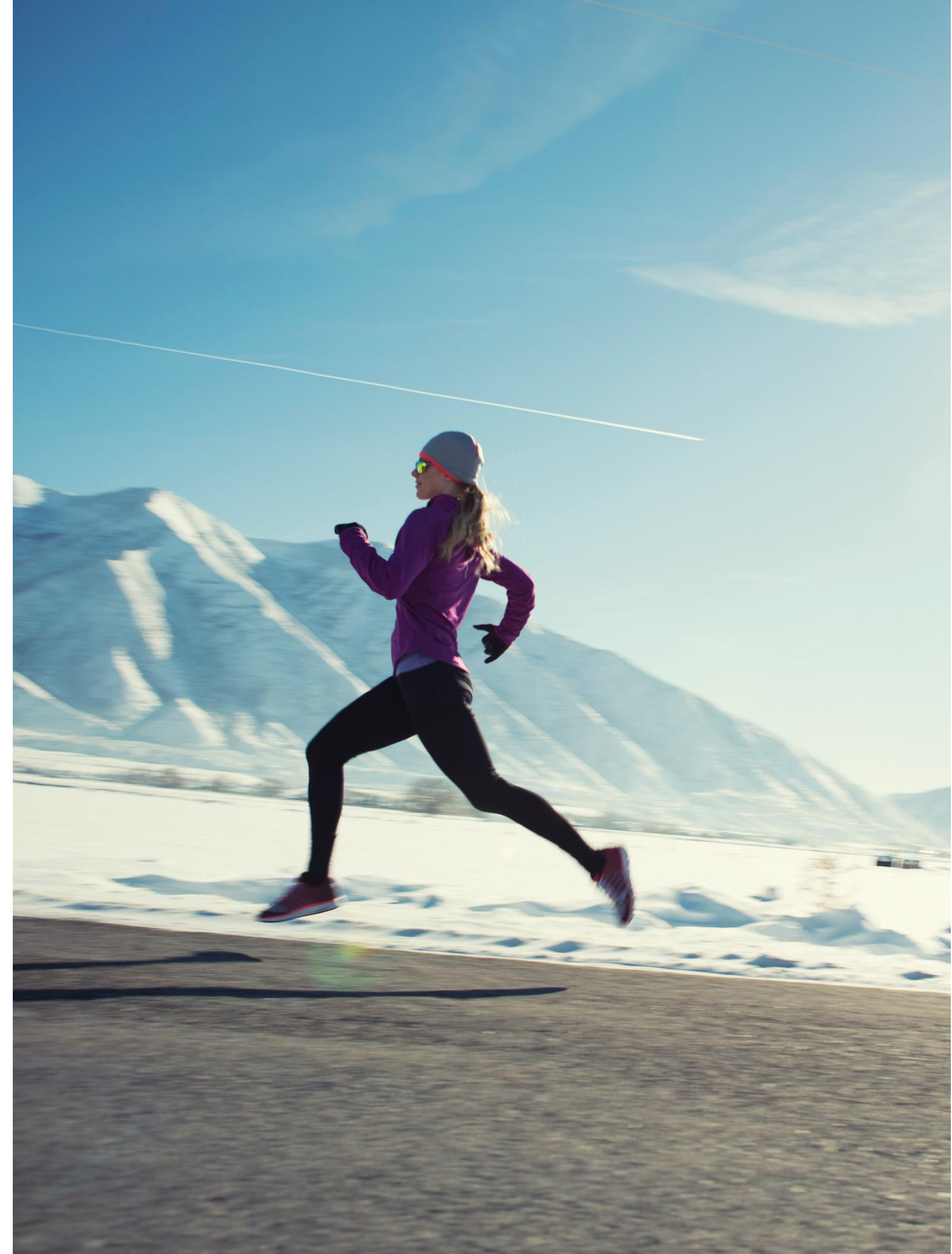
Week 6: Create your individualized Winter Blues survival plan

A winter landscape featuring a dense forest of evergreen trees heavily laden with snow. The trees are arranged in rows, leading the eye towards a snow-covered mountain range in the distance. The sun is shining from behind the mountains, creating a bright, warm glow and casting long shadows. The overall scene is serene and peaceful.

Your Personalized SAD Resiliency Plan

Planning to Treat SAD

1. Plan ahead
2. Start treatment early
3. Begin with the simplest treatments
4. Add treatments in layers as needed
5. Peel off the layers of treatment one by one as the days lengthen



Setting SMART goals



Severity of Symptoms

- **Sub-clinical Winter Blues:** Less than 5 symptoms. Symptoms are manageable and do not functionally impair work, relationships, home life, self-care, etc.
- **Mild to Moderate SAD:** 5 - 6 depressive symptoms. Symptoms are distressing but manageable, and functional impairment is not necessarily obvious to others.
- **Severe SAD:** 7 - 9 symptoms that are present nearly every day and are seriously distressing, with obvious impairment of daily functioning

- reduced energy
- feeling slowed down in thinking and action
- sadness
- worry
- less interest in things that usually bring enjoyment
- increased appetite, cravings for sweets and starches
- sleep problems
- less interest in sex
- lower self-esteem



Which Treatments to Use?

- **Subclinical Winter Blues:**
- Light therapy, healthy lifestyle (diet, exercise, sleep hygiene, socializing, etc.)

- **Mild to Moderate SAD:**
- Light therapy alone is first line of treatment
- Adding antidepressants is the second line of treatment
- Adding counseling is the third line of treatment

- **Severe SAD:**
- Antidepressants + light therapy + dawn simulation + counseling **combined** are the first line of treatment for severe pattern of SAD.

Treatment Options

- Light therapy
- Dawn simulation
- Environmental light
- Sunlight
- Anti-depressant medication
- Therapy
- Managing stress
- Socializing & social support
- Connecting with community
- Mindfulness
- Exercise
- Diet
- Sleep hygiene
- Avoiding or reducing using substances
- Challenging Automatic Negative Thoughts
- Connecting with cyclical time
- Pleasurable activities
- Outdoors Activities



Thank you