digital digest!
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find ways to bust the winter blues!

Glittering flakes:
The wind is breaking
Frozen moonlight.
– Horiuchi Toshimi

Red Devils! Winter can be a tough time.
Finding some joy in the chilly and dark
months can bring a spark back to our winter.
Submit your own haiku about winter!
Haikus show our appreciation for the natural
environment, even when it happens to be
frosty and frigid!

Links are listed in aqua! Happy New Year!
Seasonal affective disorder (SAD) is depression that gets triggered by a change in seasons, usually when fall starts. This seasonal depression gets worse in the winter before ending in the spring. Some people may get a mild version of SAD known as the “winter blues.” It’s normal to feel a little down during colder months. You may be stuck inside, and it gets dark early. The natural rhythms of the sun effect human moods. But full SAD goes beyond that — it’s a form of clinical depression. Unlike the winter blues, SAD affects your daily life, including how you feel and think. Fortunately, there are numerous remedies for this condition. Also, you are not alone! Up to 2% of the population struggles with SAD, while as many as 10-20% of people experience a milder form of “winter blues” dependent upon geographical location!

Not everyone dislikes the winter months!

A Chionophile is a person who loves cold weather, winter and snow. Although the COVID-19 pandemic has made it difficult to do some of our favorite activities, getting outdoors this winter if you are a chionophile is possible! Check out these outdoor hangouts if you can’t get enough of the cold!

How to cope with SAD

1) Phototherapy
   Sometimes called light therapy, phototherapy is a first line treatment for symptoms of Seasonal Affective Disorder. Often the lack of exposure to natural sunlight during the winter months is a major contributor to both the “winter blues” and SAD. Phototherapy uses blue light emitted from an electronic device, such as a light box, phone or tablet to mimic the exposure to natural light one experiences during the sunnier months. This app can provide blue light therapy, particularly useful in the morning, when human bodies are most used to drinking in the rays, that can help to turn the tide on the darkness of winter!

2) Mindfulness
   Mindfulness exercises such as yoga, meditation, tai chi, and deep breathing have been proven successful in treating the symptoms associated with SAD. Mindfulness can increase present moment awareness and gratitude, helping propel the participant out of a rut of depression/loneliness.

3) Get moving!
   Exercise is associated with the production of endorphins, feel good chemicals our body produces that give us a warm and fuzzy feeling! Exercising for just 30 minutes a day can increase the production of other bodily chemicals to aide in combatting depression and sadness.

4) Talk about it!
   You are not alone! SAD is an extremely common form of depression. Seeking help from a therapist, trusted friend or family member can be especially beneficial for more serious cases.
Meet the Central Social Work Team!

- MS. HOFFMAN
- MS. FISH
- MR. HUTCHEON
- MR. KUPRES
- MRS. CAVE
- MS. BUOY

MINDSHIFT! Mindshift is a free app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it. Mindshift offers strategies to manage worry, panic, conflict, ordinary anxiety, and three specialized categories of anxiety: test anxiety, social anxiety, and perfectionism. The app also contains relaxation exercises.

APP OF THE MONTH!!

2020 was a tough year for many reasons. If you are feeling complex emotions after reading the news, you are not alone. Emotions are running high in many areas of life as we continue to cope with the ongoing pandemic and at times, a challenging political environment. We are going through this together Red Devils! If you need space to process or talk to someone, visit one of our social workers. Here are some additional resources for coping during times of high stress. Happy New Year all!

VISIT THE SOCIAL WORK VIRTUAL OFFICE

Be a part of the solution. Join a teen political blog. Also practice some free-writing or journaling to help organize your thoughts during these trying times.