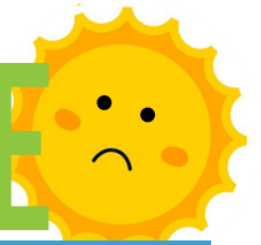


SUMMERTIME SELF-CARE



Dealing with Summer Sadness

When we hear of Seasonal Affective Disorder (SAD), we tend to associate it with the fall and winter months when the days are colder and shorter. When the spring and summer approach, symptoms for those who suffer from SAD generally improve. But summer doesn't always mean fun in the sun for everyone. For about 10% of those who suffer from SAD, the onset of summer triggers their symptoms.

While the cause of summer depression isn't yet known, heat, humidity, and longer days are possible contributing factors. There are also additional stressors that are more prevalent during the summertime.

CHANGE IN ROUTINE

Schedules change due to vacation or children being out of school, and sleep and eating habits are disrupted.

THE HEAT

For those who do not enjoy the summer heat, it can be oppressive. Some may spend more time indoors and avoid healthy outdoor activities they normally enjoy.

BODY IMAGE ISSUES

Concerns about physical appearance can cause anxiety. Some may avoid certain activities that promote feelings of unease and discomfort.



TOO MUCH SUNLIGHT

Melatonin is the hormone that drives your sleep-wake cycle. Too much sunlight turns off melatonin production.

FEELINGS OF ISOLATION

Limited finances may mean some are unable to join in activities or trips. Health reasons may also prevent some from participating in certain activities.

How to Cope with Summer Depression

Avoid Social Withdrawal

Keep regular daily activities as much as possible. Staying active can keep depression at bay.

Eat Right

A healthy diet and regular eating schedule can help with sleep, mood, and energy level.

Stay Cool

Find alternatives to hiding out with the AC: use a cooling hat or misting fan, or sit in the shade.

Maintain Your Sleep

Getting enough rest can help manage symptoms. If the light is an issue, try blackout curtains.

Plan Ahead

Set a financial budget before spring so you know what activities you can participate in.

Get Help

Talking with a healthcare provider can help you manage stress and find healthy coping strategies.

Sources: camh.ca/en/camh-news-and-stories/summer-depression
webmd.com/depression/summer-depression
healthline.com/health/summer-SAD-is-all-too-real#triggers
Images by Freepik