Tips To Unwind

Let’s Talk About It

Seasonal Affective Disorder

Highlights

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Counseling Center

HOURS
MON-THURS 10-9
FRIDAY 10-6

Counseling Staff
Sue Lipiec, 216-373-5211
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24/7 Suicide Crisis Intervention Services

National Suicide Hotline 1-800-273-8255

NDC Counseling Center Emergency Pager 216-207-1092

winter break

What 2 better words are there than that?! You’ve kicked butt all semester long. Now it’s time to **UNWIND** for the Holidays!!!

Get the Most out of your Time! And COME BACK…..

**R.E.F.R.E.S.H.E.D.***

*TIPS TO UNWIND-

CATCH UP ON YOUR SLEEP, Enjoy Holiday Movies, SPORTS, favorite TV shows, BOARD GAMES, Comfy Socks, Hot Chocolate, Friends, SLEEPING IN, Staying Up, Journal, write, Read for FUN, hot baths, nature walks, Sledding, Skiing, TRAVEL, Lounging Around, Shop!!! Remember, exercise and healthy diet are an essential part to MENTAL HEALTH.

Let’s Talk About It....

Not all Holiday Planning can leave you jumping for joy. Being assertive in your needs and communicating your thoughts are important to your wellbeing! Practice saying, “no thanks, I’m not really interested today.” People will understand and still respect your opinion!! Of course, the peer pressure will sometimes come along. Communicate effectively by holding any temper you’re experiencing, and attempt to keep calm. DEEP BREATHE in the moment. If possible, try and remove yourself physically from the situation and find a quiet time for yourself. Siblings, relatives, even parents know how to strike a nerve at times. Allowing yourself freedoms within your family obligations will reduce Holiday Stress.
Seasonal Affective Disorder:  
What Is It?

According to Web.MD, “Seasonal Affective Disorder, or SAD, is a type of depression that affects a person during the same season each year…”
(www.webmd.com/depression/tc/seasonal-affective-disorder-sad-topic-overview)

What Are The Symptoms?
1. Feel sad, grumpy, moody beginning in Sept/Oct - April/May
2. Loss of Interest in usual activities
3. Urge to consume more Comfort Foods such as bread and pasta
4. Weight Gain
5. Loss of Energy/Drowsiness

What Can I do About It??

- UV Light Therapy
- Minimal Tanning Exposure
- Hang out with Friends
- Open the Blinds, Allow in Natural Light
- Get Physical!
- Get Plenty of ZZZZ’s
- Eat Good, Healthy Food — yum!
- Alcohol is a Depressant—Avoid Binge Drinking

Is it Just the Blues??

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WALK-INS WELCOME

Medications?* TALK WITH YOUR DOC-