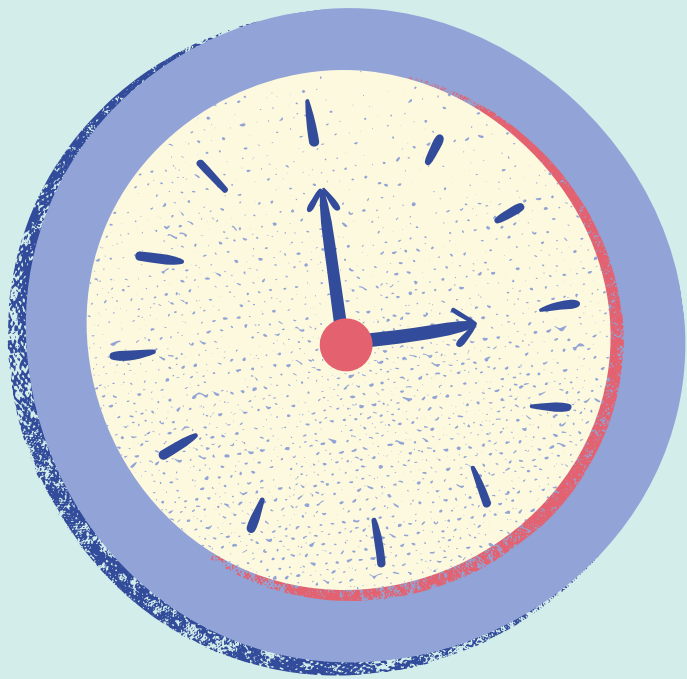




# Feel Good FRIDAY



## Beating the Winter Blues!



When the clocks go back in the Autumn, we get an extra hour of daylight in the morning – however, this only lasts a couple of weeks before the days shorten and the sunrise gets later and later.

On the shortest day of the year, 21 December, the UK enjoys less than eight hours sunlight.

The increased hours of darkness can result in low mood and depression in some people, as well as fatigue, muscle pain and weakened bones due to a lack of vitamin D from exposure to sunlight.

Some people also experience seasonal affective disorder (SAD) as a result of the shorter days. According to the NHS, SAD symptoms include a persistent low mood, loss of pleasure or interest in normal everyday activities, irritability, feelings of despair or guilt, and sleeping for longer than normal.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivation steady throughout the year. Here are 10 top tips that could help those affected by SAD:



## Top 10 tips!

1. Keep active
2. Get outside
3. Keep warm
4. Maintain a healthy balanced diet
5. See the light!
6. Take up a new hobby
7. See your friends and family
8. Talk it through