
Winter blues

Cold dark days can make you feel sad, sleep too much and overeat.

The Canadian Mental Health Association (CMHA) says about 15 per cent of people in Canada get the “winter blues.”

There are many ways to feel better in the winter:

Get light

- Go outside during the day.
- Keep your curtains open and spend as much time as you can near the windows.



Getting light is good for your mental health.

Be active

- Go for a walk.
- Go to a gym or work out at home.

Get a good sleep

- Stick to your regular sleep schedule.
- Do not sleep too much.

Spend time on self-care

- Ask yourself how you are doing.
- Give yourself a pat on the back! You are stronger than you think.

Did you know?

- The CMHA says two to three per cent of Canadians have seasonal affective disorder or SAD.
- SAD is a form of depression that occurs during months that have less sunlight.

To learn more, visit cmha.ca

Adapted from Canadian Mental Health Association • Photo: Pexels/Kampus Production
