

S.T.A.H.L. NEWS

Students Talking About Healthy Lifestyles

Brought to you by the Indiana University of Pennsylvania Counseling Center & the Office of Alcohol, Tobacco and Other Drugs Jan 22, 2024

Seasonal Affective Disorder (S.A.D.)



WHAT IS IT?

Depression experienced during specific seasons, often referred to as the “winter blues.” It can cause feelings of sadness, low energy, & unhappiness.

WHAT CAUSES S.A.D.?

It’s linked to biological, environmental, & genetic factors. It’s more common during the fall and winter months when there is less sunlight, which can lead to lower vitamin D levels.

WHAT ARE SOME OF THE SYMPTOMS YOU MAY BE EXPERIENCING?

Feelings of sadness & hopelessness, trouble focusing & making decisions; loss of interest in hobbies, rumination, irritability & mood swings.

Decreased energy & motivation, changes in sleep patterns, increased appetite, headaches or muscle aches.

UNDERSTANDING RUMINATION

WHAT IS RUMINATION?

Rumination is the repetitive and obsessive dwelling on negative thoughts about the past, present, or future, which can interfere with normal mental functioning and contribute to feelings of blame, guilt, shame, low self-esteem, and helplessness.

TYPES



Brooding

Associated with negative emotions and dissatisfaction.



Deliberate Rumination

Focuses on making sense of an issue without necessarily finding a solution.



Reflection

Examining situations for error correction and goal attainment.



Intrusive Rumination

Involves invasive and unwanted thoughts and emotions.

WHAT CAN YOU DO?

Engage in light therapy, talk therapy, regular exercise, balanced diet, vitamin D supplements, get regular sleep; severe symptoms treated with antidepressants



ENGAGE IN WELLNESS COACHING

Wellness Coaching uses evidenced-based skillful conversation to help identify areas of concern and then developing wellness goals to make positive behavior changes.

well-coaching@iup.edu

WAYS TO EXPRESS GRATITUDE

Write ten things you're grateful for



Tell someone why you appreciate them



Spend five minutes breathing



Offer your help



Take a mindful walk



4 WAYS TO BOOST YOUR MOOD & WELLNESS

1

SLEEP

Set a bedtime routine

2

SOCIAL SUPPORT

Reach out to someone you care about

3

STRESS

Practice 10 minutes of meditation

4

SUBSTANCE USE

Plan a sober weekend activity

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IUP COUNSELING CENTER

MONDAY - FRIDAY 8 AM - 4:30 PM
WALK-IN HOURS MONDAY - FRIDAY 1-3 PM

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