

# DECEMBER 2024

## Seasonal Affective Disorder Awareness Month



### DID YOU KNOW?



Rich amounts of Vitamin C can help fight fatigue and depression.



Seasonal depression is also known as Seasonal Affective Disorder (SAD) or the Winter Blues.

### 5 WAYS TO HELP PREVENT SEASONAL DEPRESSION:

1. Exercising more.
2. Increasing the amount of light at home.
3. Stress management activities, such as Meditation.
4. Spending more time outside.
5. Visiting climates with more sun.



4 out of 5 people who suffer from seasonal depression are women.

The main age on onset seasonal depression is between 20 - 30 years of age.











Happiness can be found even in the darkness of times, if one only remembers to turn on the light.

- J.K. Rowling

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_



# DECEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p><b>How to cope?</b> <sup>2</sup></p> <p><a href="https://www.talkspace.com/blog/how-to-deal-with-sadness/">https://www.talkspace.com/blog/how-to-deal-with-sadness/</a></p>	<p><b>National Day of Giving</b> <sup>3</sup></p> 	<p><b>Try to journal for 30 minutes today!</b> <sup>4</sup></p>	<p><b>TOMATOES ARE PACKED WITH DEPRESSION FIGHTERS</b> <sup>5</sup></p> 	<p><b>SWISS BALL EXERCISES CAN HELP WITH CORE STRENGTH</b> <sup>6</sup></p> 	7
<p><b>NATIONAL GRIEF AWARENESS WEEK</b></p>						
8	<p><b>One kind word can warm three winter months.</b> <sup>9</sup></p> <p><i>Japanese Proverb</i></p>	<p><b>Depression Test</b> <sup>10</sup></p> <p><a href="https://www.talkspace.com/assessments/depression-test">https://www.talkspace.com/assessments/depression-test</a></p>	<p><b>9 Reasons</b> <sup>11</sup></p> <p><a href="https://www.talkspace.com/blog/why-am-i-so-lonely/">https://www.talkspace.com/blog/why-am-i-so-lonely/</a></p>	<p><b>National Gingerbread Decorating Day</b> <sup>12</sup></p> 	<p><b>Try to go on a 30 minute walk today!</b> <sup>13</sup></p>	14
15	<p><b>BEANS ARE FILLED WITH HIGH MOOD STABILIZING FIBER</b> <sup>16</sup></p> 	<p><b>Read a book for 30 minutes today!</b> <sup>17</sup></p>	<p><b>National Bake Cookies Day</b> <sup>18</sup></p> 	<p><b>GROUP ACTIVITIES CAN PROVIDE POSITIVE SOCIAL INTERACTION</b> <sup>19</sup></p> 	<p><b>11 Mental Health Tips</b> <sup>20</sup></p> <p><a href="https://www.talkspace.com/blog/mental-health-tips-for-college-students/">https://www.talkspace.com/blog/mental-health-tips-for-college-students/</a></p>	21
22	<p><b>Feeling Lonely?</b> <sup>23</sup></p> <p><a href="https://www.talkspace.com/blog/loneliness-in-college/">https://www.talkspace.com/blog/loneliness-in-college/</a></p>	<p>Kindness is like snow - it beautifies everything it covers. <sup>24</sup></p> <p><i>Kahlil Gibran</i></p>	<p><b>Merry Christmas</b> <sup>25</sup></p> 	<p><b>NATIONAL CANDY CANE DAY</b> <sup>26</sup></p> 	<p><b>Try to take a 30 minute nap today!</b> <sup>27</sup></p>	28
29	<p><b>Complete a word search puzzle today!</b> <sup>30</sup></p>	<p><b>STRETCHING EXERCISES CAN HELP WITH FLEXIBILITY</b> <sup>31</sup></p> 				

MONTHLY MENTAL HEALTH GOAL: \_\_\_\_\_

