



DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System



January/February 2020 Newsletter

Happy New Year! I can't believe it's 2020!

Have you ever experienced the “Winter Blues”? People suffering from winter blues fall into a depressed mood each year around early fall till early spring, and then symptoms usually disappear. The winter blues is actually a mild depression brought on by a decrease in exposure to sunlight as autumn depends.

The winter blues are not as severe as long-term depression, they can change the way a person thinks, reacts, and deals with everyday challenges. Here are some signs to look for in the winter blues:

- Increased feeling of lethargy.
- Difficulties waking up in the morning as the days get shorter.
- Difficulty concentrating and thinking creatively in comparison to the summer months.
- Incorrectly blaming oneself for things that go wrong.
- Difficulty performing tasks that normally seem to be easy/enjoyable.
- Increased craving for carbohydrate-rich food like chocolate and sodas.

There are no ways to prevent the Winter Blues, but the good news is that more than 85% of people with the winter blues can overcome these symptoms with various therapy. There are some steps you can take to manage symptoms:

- Exercise. Research shows that aerobic exercise improves mood, but it is also has shown to reduce stress.
- Nutrition. Eat larger portions of complex carbohydrates like whole grain pasta and rice, also healthy simple carbohydrates like fruits and fruit juices during meals.
- Limit oversleeping.
- Set a regular bedtime and try getting up at the same time every day even on the weekends.

If your attempts at self-care aren't working, reach out for support.

REMINDERS



- The Extension will be closed on January 20 for observation of Martin Luther King Day.
- The Union County Extension Council will meet on January 9 at 4 pm in the Conference Room at the Extension Office. Please make plans to attend.
- The Spring Workshop in Ferndale is on March 4. This is open to all council members, club officers and members of Extension Homemaker Clubs.
- If you plan to attend the 2020 AEHC State Meeting on June 2-4, please let me know.

Lauren McGarrh

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County Extension Agent

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