Beating the Winter Blues

Take the proper steps towards understanding winter blues and how to beat it back!

November 17, 2021 By Karen Hoyt

It's the winter season for a lot of us around the world, and while merry holidays are on the horizon, you might not be so merry yourself. The winter blues are a real problem, and you should not think about "toughing it out" alone, as this may just make your mood worse. Instead, take the proper steps towards understanding winter blues, and how to beat it back!

What Causes Winter Blues?

Statistics say that the winter season holds some of the highest records for depression annually. For ladies, these feelings are potentially amplified by the usual anxiety that comes during their period. Colder and shorter days make for bouts of fatigue, stress, and random sadness.

Add to that a lack of sunlight, some researchers believe winter months actively disrupt the production of chemicals in the body that controls mood such as cortisol, serotonin and melatonin. Here are a few ways to improve your mood in these cold months and beat the winter blues:

Follow a Sleep Routine

Moodiness is often the result of a lack of sleep. People underestimate how much sleep affects their everyday life, and you should not count yourself among them. The circadian rhythm controls chemicals in our body called cortisol. Irregular sleep heavily affects the production of cortisol, and too much of it leads to stress.

Among the ways to improve your sleep routine include:

· Sleep at the same time every day. No matter how tired or energetic you may feel, start relaxing at a certain time and ease yourself to sleep.

· Follow a simple routine that your brain has associated with sleeping time. Take a shower, lie down on your bed and turn off your devices.

· Sleep in a dark, cool and quiet room.

Don't try to force yourself into the routine though. Start small and ease yourself into being comfortable with each step. It's all about putting yourself in a relaxed mood.

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