

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Seasonal Affective Disorder

(Source: www.heretohelp.bc.ca)

Seasonal affective disorder, or SAD, is a type of clinical depression that appears at certain times of the year. It usually starts during the shortening days of late autumn and lasts through the winter.

Since the days of winter get shorter the further north you go, SAD has been found to be more common in northern countries. In Canada, between two and three per cent of the general population will experience SAD in their lifetime. Another 15 per cent of Canadians will experience a milder form of SAD where they simply have the 'winter blues.'

When a person is going through an episode of SAD, the symptoms may be similar to those of a person who is depressed. One of the most common symptoms of SAD is a change in appetite. Often, the person craves sweet, starchy or other carbohydrate-rich foods. This can result in overeating and weight gain. People with SAD are often tired all the time, tend to oversleep and can sometimes feel anxious and desolate as well. Some people may even have suicidal thoughts.

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One useful way to combat SAD is to use light therapy. This can be done using a fluorescent light box, available in a variety of safe, economical and portable designs. These boxes produce bright, artificial rays that mimic sunlight. Contact Student Counselling Services (440-6362) for more information on light therapy.

EVENT:

Learn about Canadian Black History

Speaker: Author Cheryl Foggo

Time: 12 p.m. to 1 p.m. Location: Y222

Recipe of the month: Delicious Grilled Cheese and Spinach Salad

* Pile salami, shaved aged Canadian cheddar, sliced pickles, red onions, tomatoes and green peppers between two slices of multigrain bread. Grill until cheese melts. Add hot mustard to your liking.

* Combine spinach, sun-dried cranberries, walnuts, sliced pear and balsamic vinaigrette and top with shaved parmesan. Enjoy!

(Source: Harvest Fresh Market Café, Canmore)

wellnessWORDSEARCH

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Anxiety, Assistance, Bipolar, Compassion, Coping, Counselling, Crisis, Depression, Disorders, Distressed, Doctor, Guidance, Helplessness, Lonely, Manic, Panic, Phobia, Problem, Psychiatrist, Skills, Stress, Tired