

More than just Winter Blues? (*Interview Transcripts*)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“Your serotonin lowers and your melatonin also is off key, so you’re not waking and sleeping like you should during the more light times of the year. So we encourage people to get out there, be in the sun when you can, maybe use these alarm clocks that mimic the dawn so you raise to a certain amount of ‘dawn’ type of light, even if you’re waking in the darkness.” (:32)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“A lot of people use light therapy. People report an improvement in their mood by using basically a light, and there are different kinds of light, but it takes out the ultraviolet rays and allows you to get bright light that you’re missing in the winter months.” (:16)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“It can affect anybody, mostly from adolescence on. Children and older adults can get it, but the majority of people who have Seasonal Affective Disorder are women in their child-bearing years. You might see somebody as they’re becoming a teenager start to be a little more sad during the winter months and that kind of perpetuates into their child-bearing years or over. So basically it’s a health condition they need to be aware of and treat over the lifespan.” (:31)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“Those things that make you feel better during the warm months – keeping active, eating right, keeping a regular sleep schedule. Because sometimes people want to hibernate like a bear, and that’s not really recommended because that can also make it harder for you to function during the day.” (:20)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“I think any time somebody is telling you that you seem sad or you seem like you’re not functioning well, or you know yourself that you can’t do your regular activities. Things that in other periods of your life you have been able to do and all of a sudden you can’t. You can’t get up for work or you can’t attend to your children or you can’t feel happy about anything. You lose your sense of pleasure in life. That’s basically what depression does. And I think at that point anybody should seek counseling.” (:31)