

THE UCC WELLNESS WRITE-UP

The Official Newsletter of The TSU University Counseling Center

Real) People Problems Solutions

TEXAS SOUTHERN UNIVERSITY
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Hey Tigers and Happy November! It is officially the holiday season. The UCC works diligently to ensure that students receive the best mental health care. We are happy to announce that we have partnered with Headspace to provide all currently enrolled students with a free one-year subscription.

The mission at Headspace is to improve the health and happiness of the world. Headspace offers a variety of content that is inclusive of mindfulness, meditation, sleep, and wellness support to enhance mental health.

Check out the link below and sign up with your TSU student email address. Enjoy!



CONTENTS:

Seasonal Affective
Disorder (SAD)- 2
Upcoming Events- 3

<https://work.headspace.com/texassouthernuniversity/member-enroll>



Tis the Season to be Jolly – or NOT!

Have you noticed that while others were excited and looking forward to the holiday season, you were less enthused? Or for most of the year, your mood has been upbeat and content but once the summer season changes to the fall, your mood also shifts?

If so, it's a possibility that you are experiencing Seasonal Affective Disorder (SAD). Seasonal affective disorder is categorized as a type of depression that individuals experience when seasons change. The mood shift or depressive symptoms typically occur at the same time each year – beginning in the fall and winter months and subsiding in the spring and summer.

How would I know if I am experiencing SAD?

Common symptoms of SAD may include:

- Feeling sad or down most days
- Losing interest in activities that you enjoyed prior to the change in season
- Having low energy or feeling sluggish
- Oversleeping

As a reminder, SAD symptoms appear at the same time each year, typically during the fall and winter months.

What causes Seasonal Affective Disorder?

Research has shown that a reduced level of sunlight may disrupt an individual's circadian rhythm (internal clock) and lead to feelings of depression. Additionally, a decrease in serotonin occurs when sunlight is reduced which can also lead to seasonal depression. Other contributing factors include family history of SAD, having bipolar disorder, living in areas with reduced sunlight during the fall and winter seasons, and having low levels of vitamin D.

Are there ways to prevent SAD?

While there is no known way to absolutely prevent SAD, there are steps you can take to try and manage the symptoms you may experience.

- Be mindful of when your symptoms start each year so that you can prepare for the mood shift.
- Try not to brush off symptoms as winter blues and take steps to keep your mood and motivation the same throughout the year.
- Seek assistance from the University Counseling Center to learn coping skills to navigate symptoms or receive a referral to acquire medication for additional support.





Connect with us!



@tsu_ucc



TSU UCC



TSU University Counseling Center

Upcoming Events

Be Well Check-In Sessions
Thursday, November 17, 2022
10:00 AM-3:30 PM
REC Center

Mental Health Day
~NO CLASS FOR STUDENTS~
Wednesday, November 23, 2022

Mental Health Day
~NO CLASS FOR STUDENTS~
December 1, 2022