

# Rosario Counseling & Associates E-News

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## Welcome to our E-News

At Rosario Counseling & Associates, we address life events that impact your daily living, providing you with practical tools that can make a difference.

Our therapists are clinically trained professionals treating Adults, Children, Adolescents, Families and Couples to restore hope in their every day circumstances or crisis.

This month we are featuring insight on overcoming the winter blues. Feel free to forward to a friend who may also benefit from breaking out of the blues.

## Overcoming the Winter Blues

Adapted by Beth Boldt

Winter weather often contributes to feeling down or depressed. We may be overeating, sleeping too much or too little and suffering from low energy.

Stephen Ilardi, Associate Professor of Clinical Psychology at the University of Kansas, researched how to overcome symptoms of depression, which are often more prevalent in the winter season. Ilardi named, "TLC", therapeutic lifestyle changes described below.

- ◆ Natural sunlight - 30 minutes daily or 10,000 lux light box on overcast days
- ◆ Omega - 3 fatty acids - clinically shown to impact mild depression
- ◆ Social interaction - engage your support network of friends and family
- ◆ Reduce negative thoughts - stay active and engage in positive thinking
- ◆ Aerobic exercise - 35 minutes 3x a week; releases endorphins and raises serotonin
- ◆ Adequate sleep - lack of sleep can increase depression; 7-8 hours needed nightly

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