

October/November 2018

West Niagara Psychology Centre

www.westniagarapsychology.ca

Battling the Winter Blues or Is it Depression?

For some, the long dark days of winter are a struggle. Reduced energy, low motivation, difficulty getting out of bed in the morning or going out in the evening. Some people feel sad or lonely and become isolated from friends and their typical activities.

Depression, however, is not just a temporary change in mood or “feeling the blues”. It is a psychological and medical disorder that can affect anyone, anytime, and that can significantly impair a person’s functioning.

Symptoms of depression include: sadness throughout the day, nearly everyday; loss of interest in or enjoyment in favorite activities; feelings of worthlessness or guilt; trouble making decisions and trouble concentrating; fatigue or lack of energy; irritability; sleep disruption; aches and pains; and thoughts of self-harm or suicide.

1 in 8 adults identify experiencing a depressive episode at least once in their lifetime. Women are more likely than men to experience depression. Children can experience depression, often marked by high levels of irritability.

Treatment for depression should include the following:

- 1). Learn as much as you can about depression – causes, symptoms, and treatment options.
- 2). Reach out for support – talk to friends and family, meet with your doctor. Don’t rely on medications alone. Rule out medical causes of depression (e.g., thyroid issues).
- 3). Lifestyle changes – exercise, nutrition, and sleep are contributing factors.
- 4). Individual or group therapy to help with negative thinking (CBT), psychotherapy to address relationship and self-esteem issues, Mindfulness for stress management.

Quote of the Month

“Even the darkest night will end and the sun will rise”

Victor Hugo

BOOKS

Battling the Blues: Grades 3-8: The Handbook for Helping Children and Teens with Depression by K. Frank

Beyond the Blues: A Workbook to Help Teens Overcome Depression by L. Schab.

The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness” by Williams and Teasdale.

APPS: Calm, Headspace, Breathe

www.depressionhurts.ca
www.moordisorders.ca

WHAT’S NEW IN GROUP?

Our Master Your Stress group for adults is currently running for the fourth time. We hope to run the Circle of Security Parenting group and Worry Warriors for children in the New Year. We are also interested in running a social skills and emotion regulation group for adolescents with ASD.