



Work Smart Live Smart

Has This Great Weather Defeated The Winter Blahs?

By
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Driving around the city, you can't help but notice the number of people out on the sidewalks and in the parks. All are seemingly enjoying these glorious winter days.

You may have noticed another thing happening that is unlike the memories of winters past. There seems to be very little complaining - no griping about the bitter cold, about the difficulty of getting to work, or about the gloominess of the day.

Has the increase in sunny, mild days rid us of the winter blahs? What about Seasonal Affective Disorder? Surely with this great weather these are not issues of concern this year?

Beverly Beuermann-King of the Canadian Mental Health Association comments that "a majority of us feel lower energy and lower mood in the winter time, primarily due to the decreased amount of light that we experience. This year, people are getting outdoors more often and this has helped to decrease this energy and mood difference."

But Beuermann-King goes on to caution that "despite this wonderful weather, some people are still experiencing mood and energy changes, in some cases so severe that they are experiencing seasonal depression (SAD).

2 – 3% of the population experience SAD due, in part, to the decreased light we receive in our northern location and the effect it has on our brain chemistry.

Beuermann-King suggests that as a way of promoting wellness we should spend at least 20 minutes a day outside, regulate our sleep and focus on eating well. "These three things can have a dramatic effect on our overall mood and energy level."

Stress and wellness specialist, **Beverly Beuermann-King** translates current research and best practices information into a realistic, accessible and practical approach through her dynamic stress and wellness workshops, on-line articles, e-newsletters and media interviews and through a collaboration called *Awakening The Workplace*. Visit www.WorkSmartLiveSmart.com for more on Beverly and her wellness work.

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