

Toilet Talk

January 2013 Issue 126

Welcome Back to MU!

We hope you had a wonderful Christmas break and are refreshed and ready to start January Term out right! Be sure to take this specialized semester to broaden your horizons.

Enjoy your semester and stay healthy Manchester! University!

Healthy Holiday Challenge

If you are participating in the Healthy Holiday Challenge, do not forget to come into Health Services for your second weigh-in!

January 7th - 8-11am

January 8th - 9-11am, 12-3pm

*If you need to adjust your weigh-in time due to a January trip, please contact Health

Seasonal Affective Disorder (SAD)

Seasonal Affective Disorder is a type of depression that occurs during a specific time of year, usually in the winter. Just as in more common types of depression, SAD usually occurs mostly in women. It especially affects individuals that reside in areas with long winter months. Symptoms are related to typical depression symptoms including hopelessness, increased sleep, less energy and social withdrawal. Home management of SAD includes easy practices including regular sleep hours, healthy diet, watching for early signs of increased depression, and light therapy. Light therapy uses a special lamp which mimics the sun to alleviate symptoms of SAD.

For more information visit:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0002499/>

Media Usage and Depression

It has been observed that the use of multiple media devices at the same time can lead to increased levels of depression and anxiety. The overall media use among American youth has increased 20 percent in the past 10 years and the amount of time spent using multiple media devices has risen to 120 percent. Although the cause is still unclear, there is a definite association between media usage and mental health.

For more information visit: <http://msutoday.msu.edu/news/2012/multiple-media-use-tied-to-depression-anxiety/>

Don't cry because it's over, smile because it happened – Dr. Seuss

Brought to you by Wellness Services – January 2013

Questions? Comments? Please e-mail

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