



Stay Well, Manchester College!!

Issue 7



Toilet Talk

You don't drown by falling in the water. You drown by staying there!
Author Unknown

Shorter Days... Longer Nights... Does this affect you?

Source: National Mental Health Association

Some people suffer from symptoms of depression during the winter months, with symptoms subsiding during the spring and summer months. This may be a sign of Seasonal Affective Disorder or (SAD). SAD was first noted before 1845, but was not officially named until the early 1980's. As sunlight has affected the seasonal activities of animals (i.e., reproductive cycles and hibernation), SAD may be an effect of this seasonal light variation in humans. As seasons change, there is a shift in our "biological internal clocks" or circadian rhythm, due partly to these changes in sunlight patterns. This can cause our biological clocks to be out of "step" with our daily schedules. The most difficult months for SAD sufferers are January and February, and younger persons and women are at higher risk.

What can you do?

- For mild symptoms, spending time outdoors during the day or arranging homes and workplaces to receive more sunlight may be helpful.

One study found that an hour's walk in winter sunlight was as effective as two and a half hours under bright artificial light.

Quick Alcohol Fact: Several factors influence how alcohol will affect a person: age, gender, physical condition, amount of food eaten and other drugs or medicines taken.

 * AIDS *
 * TASK FORCE *
 * FREE AND *
 * CONFIDENTIAL *
 * HIV/AIDS testing *
 * on Campus. *
 * WHEN? *
 * February 8th, from *
 * 10 a.m. to 2 p.m. *
 * WHERE? Lower *
 * Union Dining Room *
 * RESULTS? The *
 * AIDS Task Force *
 * will return on *
 * February 22nd, *
 * from 10 a.m.-2 p.m. *
 * with results only. *
 * Why do it? *
 * • Free *
 * • Confidential *
 * • Easy *
 * • Gives answers *
