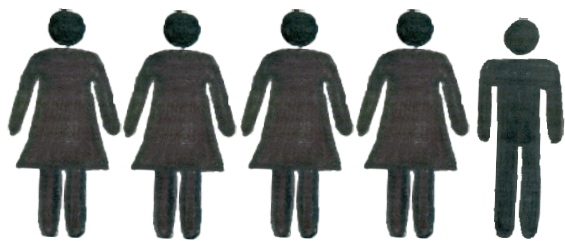


Seasonal Depression Statistics

Seasonal Affective Disorder (SAD) is estimated to affect over **10 million** Americans.



Females are **4 times** more likely to be diagnosed with seasonal depression than males.

Seasonal depression is caused by the decrease of sunlight exposure that happens in the colder months.



Symptoms include mood changes, loss of interest, low energy, changes in eating habits and difficulty concentrating.

Editor's Note

Italia Caro

Editor

Seasonal Depression occurs this time of year. Over 10 million Americans will start to experience symptoms which include low energy, social withdrawal, and hypersomnia, according to nimh.nih.gov.

Those who are experiencing any of these symptoms should know Seasonal Affective Disorder (SAD) is a real problem that occurs for many. You are not alone, even if it may feel like it. There are many people who love and support you.

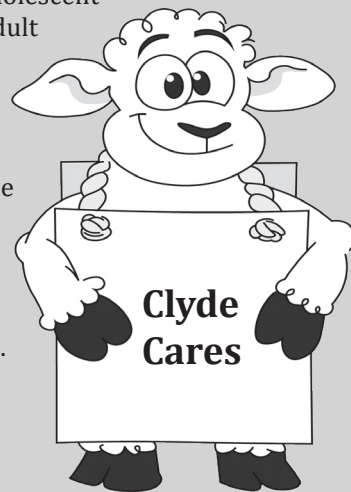
If you have friends, family, or peers around you who experiences this, it is important to be supportive of them during this time of year.

Some actions can be taken to help someone who is dealing with seasonal depression. One recommendation from ncbi.nlm.nih.gov is take a stress management class or get involved in an exercise program.

Also, the counseling office and Peer Counselors in the building are open to talk to.

Additional resources include Safe2Tell, and Child, Adolescent and Young Adult Connections.

Call 970-221-5551 or walk in hours are available from 9 a.m to 4 p.m at 425 W. Mulberry St. in Suite 101.



Graphics by Sadie Buggle

Information gathered by Rue Robertson; sources: nimh.nih.gov, teenshealth.org, psychologytoday.com

Letters to the Editor

Spilled Ink wants YOU to write a letter to the editor!



- 1 Realize that you have an opinion about something and want to address it in Spilled Ink.
- 2 Write about your topic in 300 words or fewer.
- 3 Sign it with your full name and grade.
- 4 Send it to acolwell@psdschools.org.
- 5 Read Spilled Ink monthly and watch for it to appear in any upcoming issues!

Spilled Ink

Fort Collins High School Student Newspaper

2019-2020

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