



Caring for Our People

Manaakitia ā tātou tāngata

April 2021

As-salāmu ‘alaykum. Peace be with you.

Kia atawhai, be kind.

Our clocks have moved back an hour, days are shorter, the leaves are gathering on the ground and summer is in the rear view mirror. So how are you coping?

Winter depression is a real thing. The medical name is seasonal affective disorder (SAD), and one cause is that reduced daylight affects our sleep patterns and moods. The more daylight we expose ourselves to, the better we will feel. So shorter days may depress us, leading us to indulge in ‘bad habits’.

The better we eat and the more active we are then the better we will feel. In other words, stay away from the sugar and carbohydrates you may be craving, and increase your outdoor activities.

This year I think we also need to take into account what we and the world went through last year. It was a strange year wasn't it? We need to acknowledge the possibility that this stress of a world gone strange can add to our mental load particularly if we experience SADness.

Be kind to yourself at this time. Take a moment to ask yourself if you are doing OK. You will function so much better in all aspects of life if you take the time to look after you.

In addition to ‘normal’ stress, be aware of SAD symptoms at this time of year; in yourself and others such as:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy

If you, or someone you know, needs a bit more help than normal there are many forms of support available, and it is OK to tap into these sources.

The following website has a range of options for people to use. Nobody is immune to stress, or SADness.

http://www.methodist.org.nz/caring_for_our_people/covid19/supportinformation#mental%20wellness%20support

And please be kind, to yourself and others at this time.



Be kind

Unite
against
COVID-19
New Zealand Government

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