

## Video Transcript – Beat the Winter Blues

(Dr. Taz) You wake up, and it's dark. You leave work, and it's dark. If you feel like it's bumming you out, you might be right. Plenty of people experience a darker mood during the winter months. But you don't have to take it lying down.

Get up and stay active! I know it can be cold, but get outside when you can. Exercise, especially aerobic exercise, may be as good as antidepressants at lifting your mood! Activities like running and biking trigger the release of "feel good" neurochemicals. Thirty minutes three times a week may help boost your spirits.\*

Staying active socially can help as well. Go to lunch or the movies with friends; get back to activities you usually enjoy. And be patient, you won't simply snap out of it. It's a gradual process. But if your winter blues do continue weeks on end, let your doctor know about your symptoms.

*\*If you have thoughts of hurting yourself or others, call your health care professional, 911 or a suicide hotline, such as 1-800-SUICIDE (1-800-784-2433). Or have someone drive you to your nearest emergency department. If you feel that you are in immediate danger of hurting yourself or others, call 911 or your local emergency services immediately.*