

SUMMERTIME BLUES: A REVERSE SEASONAL AFFECTIVE DISORDER!

Life isn't always sunshine and butterflies

Sometimes you got to learn to smile through the pain...Unknown

WHAT TO KNOW!

- ❖ Summertime Blues or SB has been called a Reverse Seasonal Affective Disorder; during the summer, people feel depressed, lonely, or sad rather than happy or upbeat
- ❖ Symptoms of SB include: depression, anxiety, decreased appetite, insomnia, irritability, loss of interest in usual activities, social withdrawal, inability to feel pleasure, feelings of hopelessness, difficulty concentrating, and an inability to cope with heat
- ❖ SB affects less than one percent of the population, about 2/3 of which are women, and is more prevalent geographically where temperatures are higher
- ❖ Factors thought to cause SB include:
 - changes in a person's melatonin and serotonin levels and in circadian rhythms, the body's biological clock, due to increased sunlight
 - disrupted schedules which increases stress
 - loss of sleep and increased eating
 - wearing less clothes which can increase body image issues and embarrassment
 - Increased financial pressures due to activities during the summer such as vacations and camp
 - difficulty tolerating the summer heat which can lead to isolation in air-conditioned homes, less exercise, and eating poorly
 - FOMO or fear of missing out on social activities that friends and others do as seen on social media
 - Not meeting social expectations to have fun and relaxation during the summer

WHAT TO DO!

- ❖ If you have SB, remember that it is temporary
- ❖ Plan ahead during spring so you will be prepared in the summer
- ❖ Be kind to yourself and don't compare how you feel in the summer to others
- ❖ Expose yourself to early morning sunlight for a few minutes
- ❖ Set and maintain a consistent routine to feel more in control of goings on around you
- ❖ Plan fun events and activities to look forward to
- ❖ Keep a consistent exercise routine and regular eating and sleeping patterns
- ❖ Don't isolate; push yourself to be around people and socialize
- ❖ If you are feeling overwhelmed, delegate tasks so you can have some "me" time
- ❖ Keep a journal of your feelings and experiences
- ❖ Pursue new interests or hobbies and volunteer for charitable work
- ❖ Practice yoga, meditation, and other relaxation activities
- ❖ Seek professional help to replace negative thoughts with positive ones

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

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