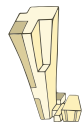


FIND YOUR SUNNY SPOT AT UCHICAGO



Visit these “sunny spots” to brighten your day during the harsh winter months.



LOGAN CENTER FOR THE ARTS
915 East 60th Street



ARLEY D. CATHEY DINING COMMONS
6031 South Ellis Avenue



SCHOOL OF SOCIAL SERVICES ADMINISTRATION
969 East 60th Street



D'ANGELO CAFÉ
1121 East 60th Street



ORIENTAL INSTITUTE STUDY ROOM
1155 East 58th Street



ARLEY D. CATHEY LEARNING CENTER
1116 East 59th Street, 3rd Floor



CHICAGO BOOTH HARPER CENTER
5807 South Woodlawn Avenue



GORDON CENTER FOR INTEGRATED SCIENCES CAFÉ
927 East 57th Street, 3rd Floor



JOE AND RIKA MANSUETO LIBRARY
1100 East 57th Street



SNELL-HITCHCOCK QUAD
5709 South Ellis Avenue



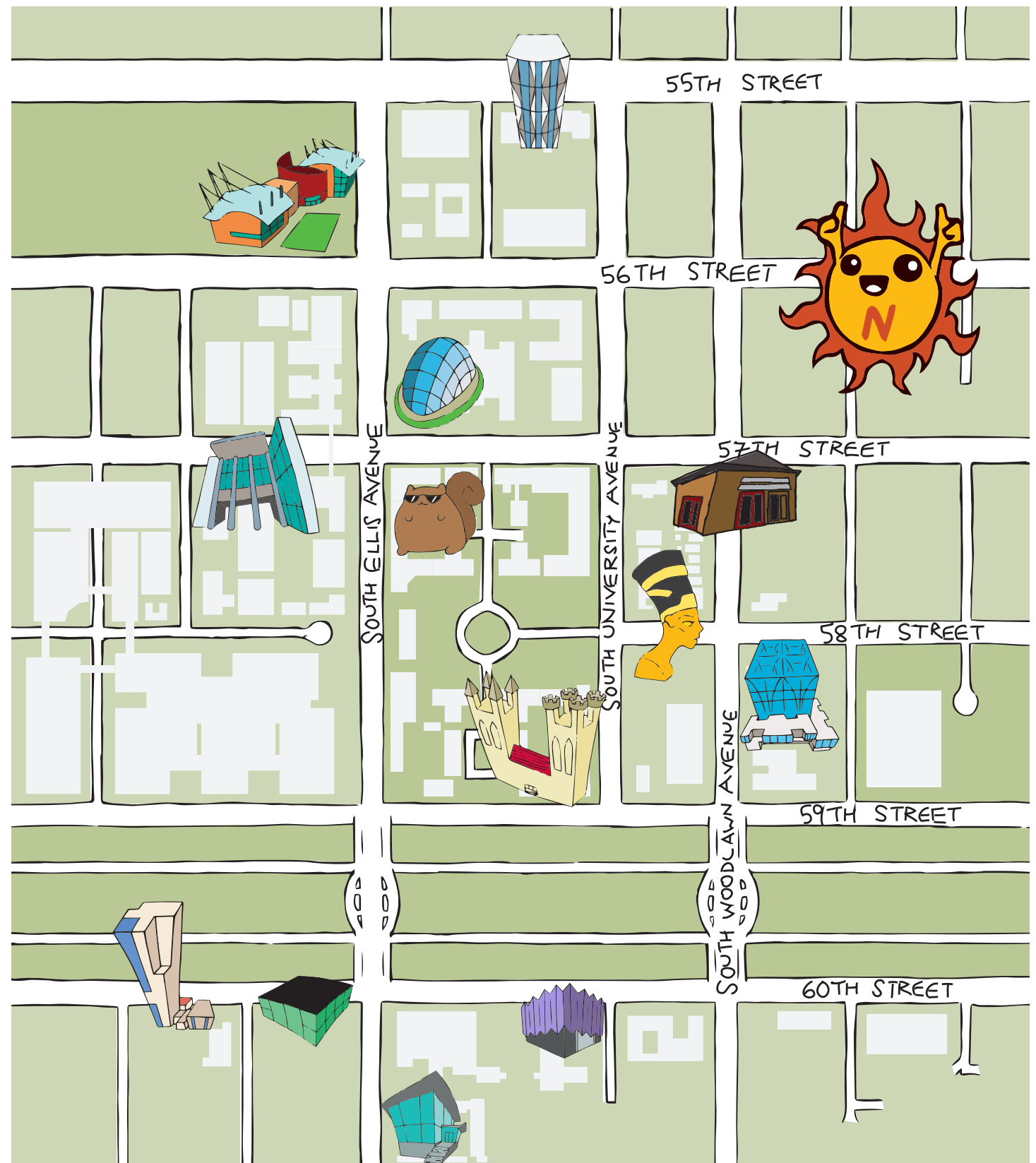
RATNER ATHLETIC CENTER
5530 South Ellis Avenue



NORTH CAMPUS
5500 South University Avenue



CENTER FOR IDENTITY AND INCLUSION LOUNGES
5710 South Woodlawn Avenue



The shorter days, colder weather and reduced hours of sunlight can leave anyone feeling melancholy, irritable, or tired during these winter months. To combat these feelings, commonly known as “winter blues,” studies have found that increasing light exposure is associated with higher levels of the hormone serotonin.

For our bodies to function, exposure to light is imperative to help regulate our serotonin and melatonin levels. When the sun sets, the pineal gland signals the production of melatonin to increase, which in turn signals to the body that it is time to sleep; in the morning when sunlight enters the eye, the pineal gland signals the production of serotonin to increase and melatonin to decrease.

Serotonin helps keep us awake, elevates our mood and brings emotional stability, so that we can look at the sunny side of our day. The winter months can severely upset the normal chemical balance in our bodies, so getting enough light exposure is imperative for our health.

However, if you are experiencing symptoms of depression, anxiety, increased sleep and fatigue, moodiness, social withdrawal, difficulty concentrating and increased appetite with weight gain, you may be experiencing a more serious condition called Seasonal Affective Disorder (SAD). This can affect your health, relationships, academics and everyday activities.

It is important to contact a healthcare provider for diagnosis and treatment of SAD and other types of depression. If you think that you or someone you know may be experiencing symptoms of SAD or depression, please contact Student Counseling Services for a confidential consultation at (773) 702-9800.

Visit wellness.uchicago.edu for more information on studies and resources.

Ways to Increase Your Serotonin Levels

Go outside

Bundle up and spend at least 30 minutes outdoors within two hours of getting up in the morning. Even on cloudy days, being outside can help decrease the effects of SAD.

Rise and shine

Keep a regular sleep schedule and get 7 to 9 hours of sleep each night.

Eat seasonal foods

Many nutrients that our bodies lack in the winter can be found in seasonal foods. Eat brightly colored vegetables and fruit, like apples and squash, as well as complex carbs like beans and lentils.

Exercise

Move your body for at least 30 minutes each day. The Department of Physical Education and Athletics offers a variety of opportunities to be active. Visit athletics.uchicago.edu to learn more.

Try a Light Box

Attend the Breathing Room on Thursdays from 3-5pm in Ida Noyes 034 to try our light box. Visit wellness.uchicago.edu to learn more.

Get Social

Stay connected with friends and family for support. Talk on the phone, try new activities and plan social events with new and old friends to bring everyone together. Visit wellness.uchicago.edu to learn more.

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wellness.uchicago.edu
@UChiwellness
University of Chicago Health and Wellness
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