

# FIND YOUR SUNNY SPOT AT UCHICAGO



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

**1. LOGAN CENTER FOR THE ARTS**

915 East 60th Street

**2. ARLEY D. CATHEY DINING COMMONS**

6031 South Ellis Avenue

**3. SCHOOL OF SOCIAL SERVICES ADMINISTRATION**

969 East 60th Street

**4. D'ANGELO CAFÉ**

1121 East 60th Street

**5. ORIENTAL INSTITUTE STUDY ROOM**

1155 East 58th Street

**6. ARLEY D. CATHEY LEARNING CENTER**

1116 East 59th Street, 3rd Floor

**7. CHICAGO BOOTH HARPER CENTER**

5807 South Woodlan Avenue

**8. GORDON CENTER FOR INTEGRATED SCIENCES CAFÉ**

927 East 57th Street, 3rd Floor

**9. JOE AND RIKA MANSUETO LIBRARY**

1100 East 57th Street

**10. SNELL-HITCHCOCK QUAD**

5709 South Ellis Avenue

**11. RATNER ATHLETIC CENTER**

5530 South Ellis Avenue

**12. NORTH CAMPUS**

5500 South University Avenue

**13. CENTER FOR IDENTITY + INCLUSION LOUNGES**

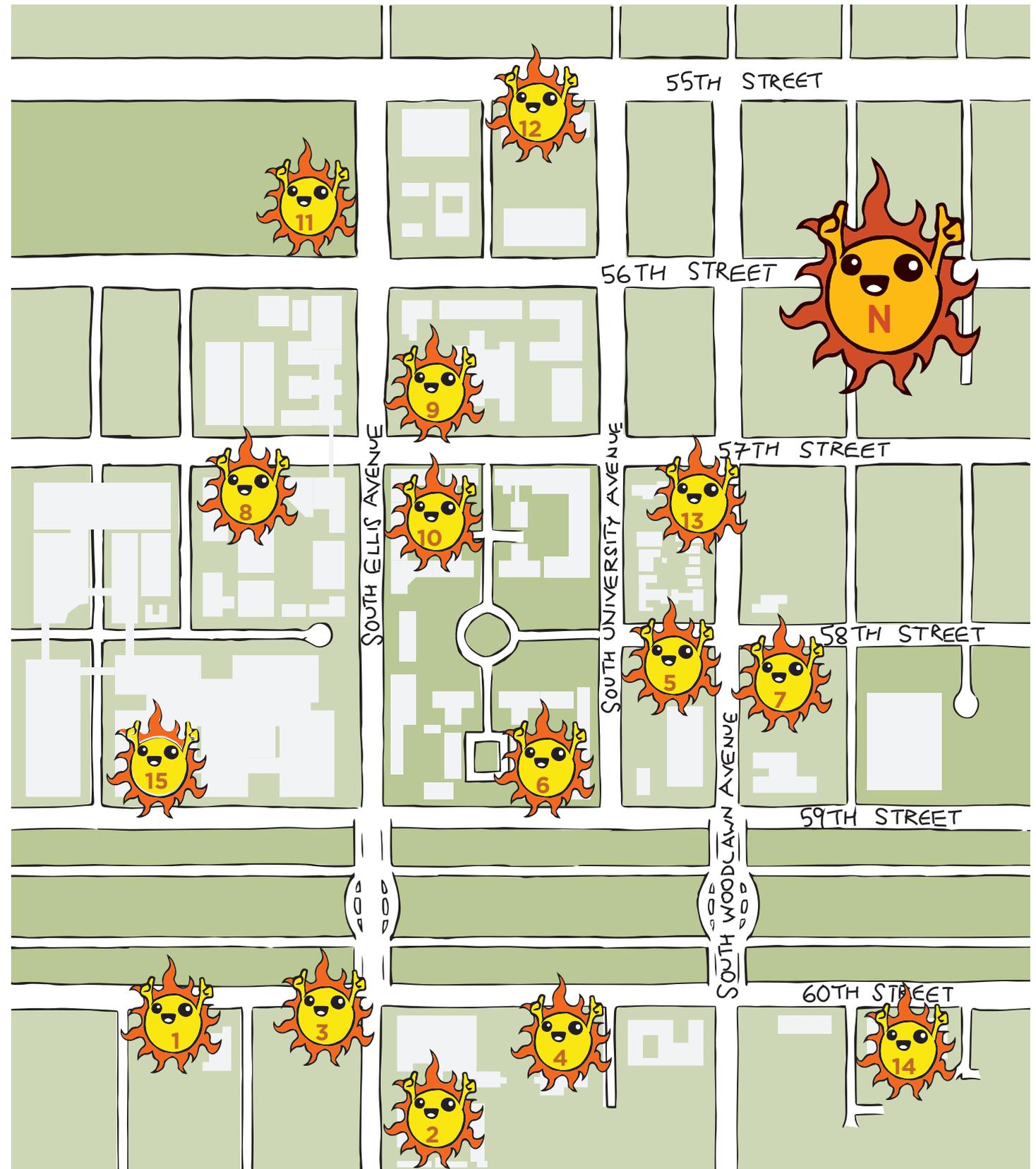
5701 South Woodlawn Avenue

**14. HARRIS SCHOOL OF PUBLIC POLICY KELLER CENTER**

1307 East 60th Street

**15. UCHICAGO STUDENT WELLNESS**

840 East 59th Street



## 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 Athletics and Recreation offers a variety of opportunities to be active.

Visit [athletics.uchicago.edu](https://athletics.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](https://wellness.uchicago.edu) to learn more.

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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 UChicago Student Wellness for a consultation at (773) 834-WELL.**

Visit [wellness.uchicago.edu](https://wellness.uchicago.edu) for more information on studies and resources.