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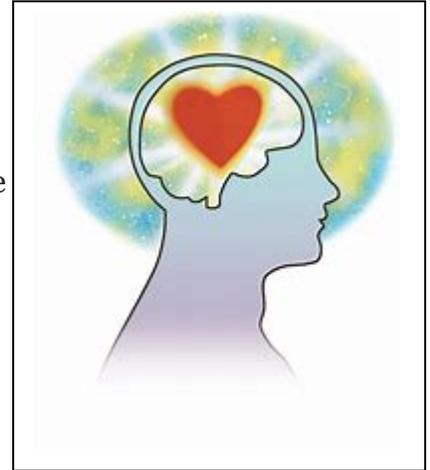
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The shorter days of fall and winter can trigger seasonal affective disorder (SAD), this is a type of depression that lasts until the spring. An estimated 5 percent of Americans experiences SAD. Use mindfulness to fight SAD this fall and winter!

Mindfulness is the ability to be fully present and aware of where we are and what we are doing. It involves paying attention to the present moment in a curious and non-judgmental way. Through the practice of mindfulness, individuals can become more aware of their thoughts, feelings, and body sensations.



Ways to practice mindfulness:

- ❖ **Pay attention to your breath.** Sit quietly for a few minutes to focus on your breathing. If your thoughts enter your mind, simply notice them and gently bring your attention back to your breathing.

- ❖ **Use a variety of your senses while doing an everyday task.** For example, while you are taking a shower notice the feeling of the water on your skin, the smell of the soap, and the temperature of the water.

- ❖ **Slow down during meal.** Try paying attention to the texture, flavor, and smell of your food. Try to eat a meal without multitasking for example, watching a television show or movie.

- ❖ **Take time to appreciate the environment around you.** The time you walk somewhere, try to pay attention to all of the sounds, sights, and things you smell around you.

Benefits of practicing mindfulness:

- ❖ Higher brain function
- ❖ Reduces stress and anxiety
- ❖ Less negative thinking
- ❖ Increases awareness
- ❖ Increases attention and focus
- ❖ Improves sleep



For more information about SAD, please contact your therapist.