



**MENTAL HEALTH IN THE WINTER:**  
**COZY COPING STRATEGIES**

OHIO STUDENT NURSES' ASSOCIATION

# WHAT IS

**M****E****N****T****A****L**

**H****E****A****L****T****H**



**MENTAL HEALTH IS THE WELLBEING OF SOMEONE'S EMOTIONAL AND PSYCHOLOGICAL STATE.**



**MENTAL HEALTH IS A FRAGILE BALANCE IN THE HUMAN BODY THAT IS EASILY DISTURBED. IT IS COMMONLY OFFSET BY TRIGGERS OR STRESSORS, SUCH AS MONEY, WORK, AND BILLS. IT CAN ALSO BE AFFECTED BY BIOLOGICAL FACTORS LIKE HORMONES, GENES, AND BRAIN CHEMISTRY.**



# TYPICAL COPING STRATEGIES

◆ BEING OUTSIDE - LOWERS THE LEVEL OF THE STRESS HORMONE CORTISOL, LOWERS YOUR HEART RATE, AND INCREASES THE HORMONES THAT MAKE YOU FEEL GOOD (ENDORPHINS)

◆ WALKING

◆ HIKING

◆ EXERCISING

◆ SWIMMING

◆ JOURNALING

◆ YOGA

◆ MEDITATION

◆ DEEP BREATHING

◆ MINDFULNESS EXERCISES (EX. DEEP BREATHING)

YOU ARE  
NOT ALONE

# WHY DO COPING STRATEGIES MATTER?

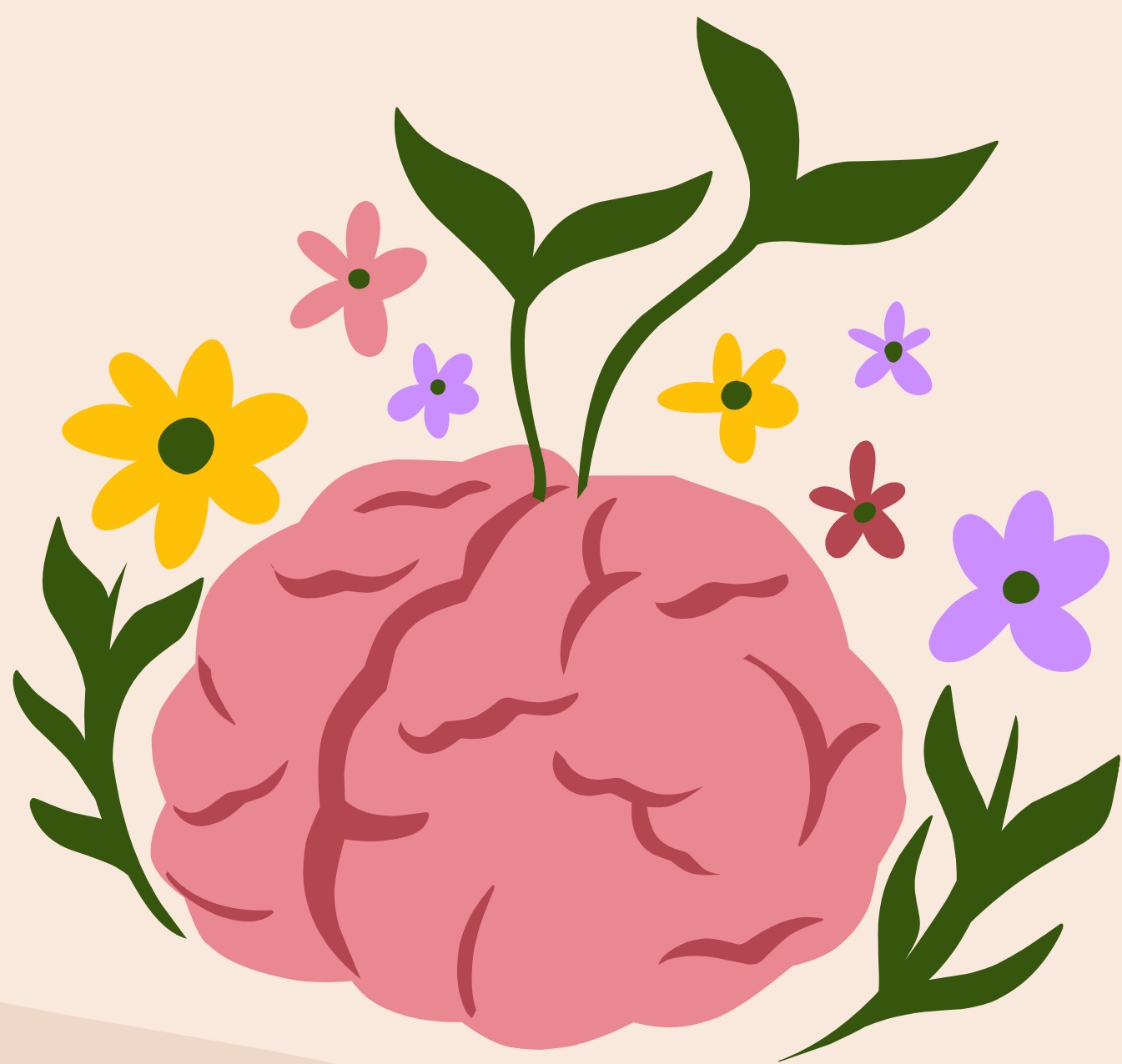
RESEARCH STUDIES HAVE SHOWN THAT THE USE OF MALADAPTIVE COPING STRATEGIES AND DIFFICULTIES IN REGULATING MOOD ARE LINKED TO AN INCREASED RISK OF SUICIDE.

INDIVIDUALS WHO STRUGGLE WITH MENTAL HEALTH MAY FIND THAT THEIR COPING STRATEGIES ARE UNHELPFUL IN THE WINTER DUE TO INCLEMENT WEATHER. TO PREVENT REGRESSION, INDIVIDUALS SHOULD PRACTICE STRATEGIES APPROPRIATE FOR ALL SEASONS YEAR-ROUND. THIS MAY ALLOW THEM TO BE PREPARED WHEN WEATHER MAY GET IN THE WAY OF ACTIVITIES THEY USUALLY ENJOY ( EX. WALKING THEIR DOG).



# WHAT'S SEASONAL DEPRESSION?

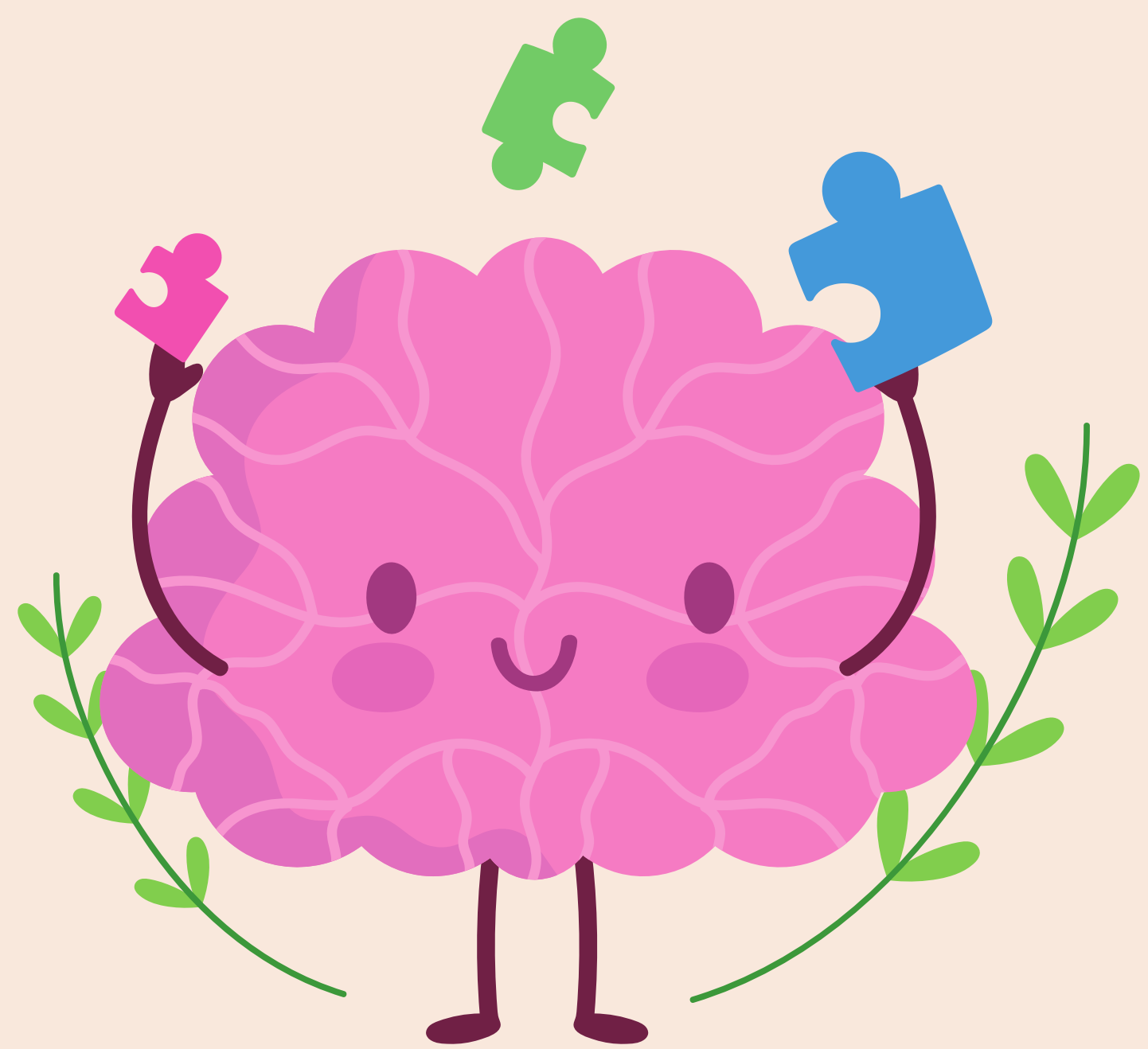
SEASONAL AFFECTIVE DISORDER IS DEFINED BY NHS ENGLAND AS “A TYPE OF DEPRESSION THAT COMES AND GOES IN A SEASONAL PATTERN (OVERVIEW - SEASONAL AFFECTIVE DISORDER (SAD), 2021). SAD IS SOMETIMES KNOWN AS ‘WINTER DEPRESSION’ BECAUSE THE SYMPTOMS ARE USUALLY MORE APPARENT AND MORE SEVERE DURING THE WINTER.



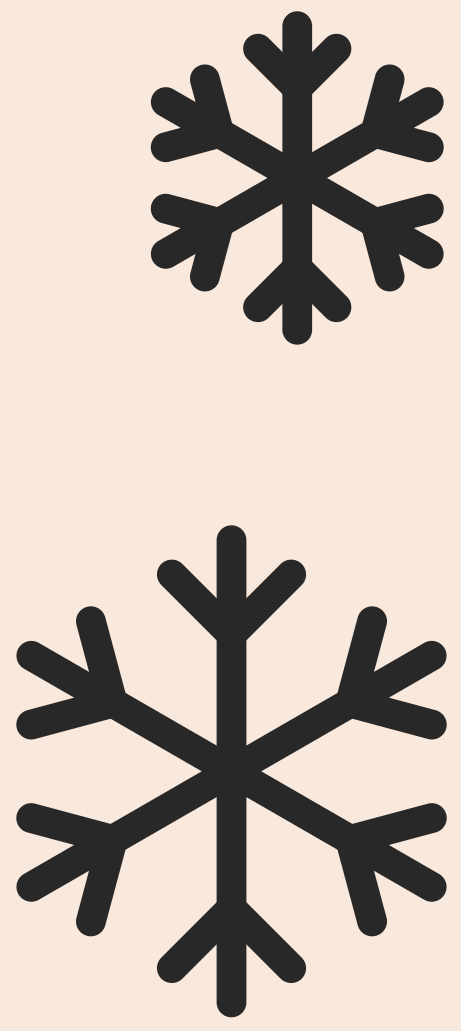
COMMON SYMPTOMS ARE A PERSISTENT LOW MOOD, A LOSS OF PLEASURE OR INTEREST IN NORMAL EVERYDAY ACTIVITIES, IRRITABILITY, FEELINGS OF DESPAIR, GUILT, AND WORTHLESSNESS, FEELING LETHARGIC (LACKING IN ENERGY), BEING SLEEPY DURING THE DAY, SLEEPING FOR LONGER THAN NORMAL, FINDING IT HARD TO GET UP IN THE MORNING, CRAVING CARBOHYDRATES, GAINING WEIGHT, DIFFICULTY CONCENTRATING, AND HAVING A DECREASED SEX DRIVE (OVERVIEW - SEASONAL AFFECTIVE DISORDER (SAD), 2021).

# HOW DO OTHERS COPE IN THE WINTER?

- ◆ **SPENDING TIME WITH FRIENDS AND FAMILIES DURING THE HOLIDAYS (44%)**
- ◆ **SLEEPING MORE (34%)**
- ◆ **TRAVELING TO WARMER LOCATIONS (19%)**
- ◆ **MAKING SURE THERE WERE GOOD LIGHT SOURCES IN THE HOME (27%)**
- ◆ **ENJOYING GOOD FOOD (49%)**



# SO, WHAT COPING STRATEGIES CAN I USE IN THE WINTER?



SEWING



KNITTING



CROCHETING



BAKING/COOKING



JOINING A GYM



WATCHING A FAVORITE  
MOVIE OR TV SHOW



DRAWING/COLORING



READING/JOURNALING



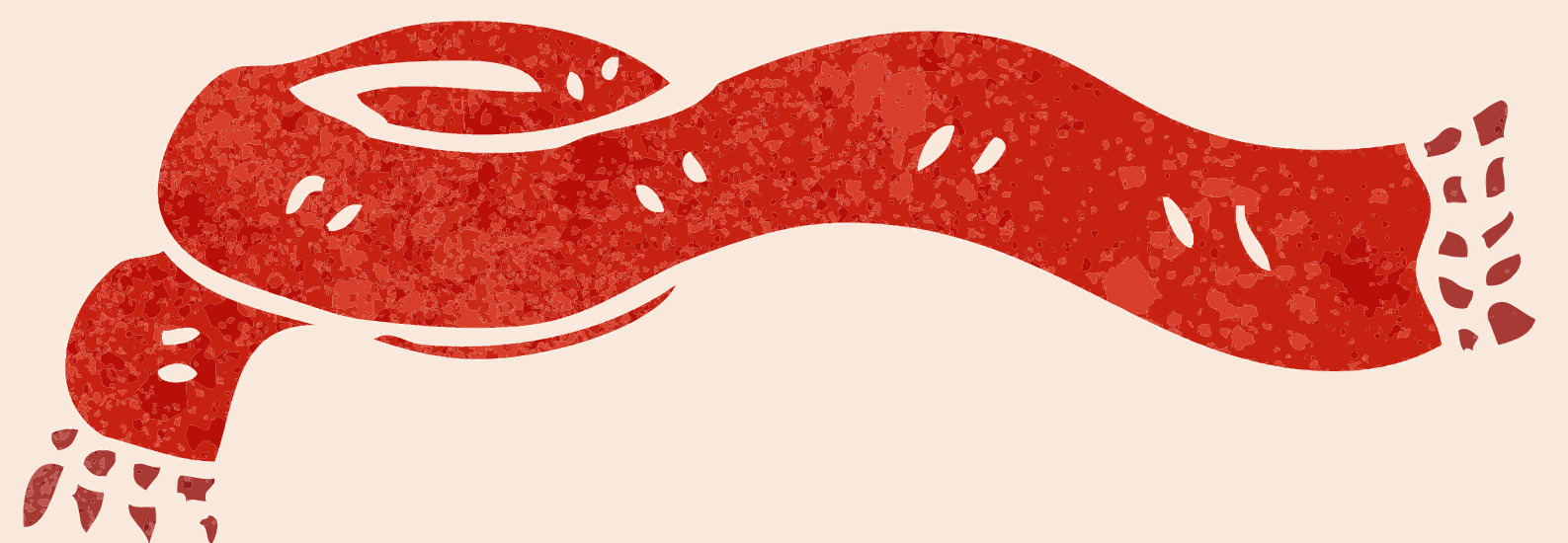
CLEANING



SHOPPING



TALKING TO FAMILY &  
FRIENDS



# “IF YOU ENJOY X, MAYBE TRY Y”



✦ IF YOU LIKE JOGGING OR WALKING, MAYBE TRY WALKING AT A LOCAL COMMUNITY CENTER OR TAKING LAPS AROUND A MALL.

✦ IF YOU LIKE SWIMMING OUTSIDE, MAYBE TRY SWIMMING IN AN INDOOR POOL SUCH AS A LOCAL COMMUNITY OR FITNESS CENTER.

✦ IF YOU ENJOY GOING ON BIKE RIDES OR HIKES, MAYBE TRY YOGA.



# ARE THERE ANY APPS THAT ARE BENEFICIAL?



I AM



CALM



HEADSPACE



BALANCE



BETTERHELP



INSIGHT TIMER



MINDFULNESS



**NATIONAL SUICIDE PREVENTION LIFELINE:**  
**1-800-273-TALK (8255);**  
**WWW.SUICIDEPREVENTIONLIFELINE.ORG.**  
**OR, JUST DIAL 988**

**WWW.SUICIDE.ORG**

**CRISIS TEXT LINE: TEXT REASON TO 741741**  
**(FREE, CONFIDENTIAL AND 24/7). IN**  
**ENGLISH AND SPANISH**

**SELF-HARM HOTLINE: 1-800-DONT-CUT (1-**  
**800-366-8288)**



**SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES (SAMHSA)**  
**NATIONAL HELPLINE IS A FREE, CONFIDENTIAL, 24/7, 365-**  
**DAY-A-YEAR TREATMENT REFERRAL AND INFORMATION**  
**SERVICE (IN ENGLISH AND SPANISH) FOR INDIVIDUALS AND**  
**FAMILIES FACING MENTAL AND/OR SUBSTANCE USE**  
**DISORDERS.**

**1-800-662-HELP (4357)**

**FINDTREATMENT.GOV**

**NATIONAL MENTAL HEALTH HOTLINE: 866.903.3787**

**911 EMERGENCY**

**NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) HELPLINE:**  
**1-800-950-NAMI, OR TEXT "HELPLINE" TO 62640. BOTH**  
**SERVICES AVAILABLE BETWEEN 10 A.M. AND 10 P.M. ET,**  
**MONDAY-FRIDAY**

**TEXT "FRIEND" TO 62640; CHAT AT NAMI.ORG/TALKTOUS;**  
**CALL 800-950-6264. AVAILABLE MONDAYS THROUGH**  
**FRIDAYS, 10 A.M. TO 10 P.M. ET.**

**NATIONAL DOMESTIC VIOLENCE HOTLINE: 1-800-799-7233**

**FAMILY VIOLENCE HELPLINE: 1-800-996-6228**

**PLANNED PARENTHOOD HOTLINE: 1-800-230-PLAN (7526)**

**AMERICAN ASSOCIATION OF POISON CONTROL CENTERS: 1-**  
**800-222-1222**

**NATIONAL COUNCIL ON ALCOHOLISM & DRUG DEPENDENCY:  
1-800-622-2255**

**LGBTQ HOTLINE: 1-888-843-4564**

**NATIONAL MATERNAL MENTAL HEALTH HOTLINE: 1-833-TLC-  
MAMA (1-833-852-6262)**

**THE TREVOR PROJECT: 1-866-488-7386 OR TEXT "START" TO  
678678. STANDARD TEXT MESSAGING RATES APPLY.  
AVAILABLE 24/7/365. (PROVIDES CRISIS INTERVENTION AND  
SUICIDE PREVENTION SERVICES TO LESBIAN, GAY,  
BISEXUAL, TRANSGENDER, QUEER & QUESTIONING—LGBTQ—  
YOUNG PEOPLE UNDER 25.)**

**THE SAGE LGBT ELDER HOTLINE CONNECTS LGBT OLDER  
PEOPLE AND CARETAKERS WITH FRIENDLY RESPONDERS.  
1-877-360-LGBT (5428)**

**THE TRANS LIFELINE IS STAFFED BY TRANSGENDER PEOPLE  
FOR TRANSGENDER PEOPLE:  
1-877-565-8860 (UNITED STATES)  
1-877-330-6366 (CANADA)**

**RAPE ABUSE AND INCEST NATIONAL NETWORK (RAINN) IS  
THE NATION'S LARGEST ORGANIZATION FIGHTING SEXUAL  
VIOLENCE: (800) 656-HOPE/(800) 810-7440 (TTY)**

**VETERANS CRISIS LINE:  
[HTTPS://WWW.VETERANSCRISISLINE.NET](https://www.veteranscrisisline.net)**

**INTERNATIONAL SUICIDE PREVENTION DIRECTORY:  
[FINDAHELPLINE.COM](http://findahelpline.com)**

**THE STRONGHEARTS NATIVE HELPLINE IS A CONFIDENTIAL  
AND ANONYMOUS CULTURALLY APPROPRIATE DOMESTIC  
VIOLENCE AND DATING VIOLENCE HELPLINE FOR NATIVE  
AMERICANS, AVAILABLE EVERY DAY FROM 7 A.M. TO 10 P.M.  
CT. CALL 1-844-762-8483.**



# REFERENCES

LIST OF HOTLINES FOR MENTAL HEALTH HELP. (2023, OCTOBER 3). [WWW.PSYCOM.NET/GET-HELP-MENTAL-HEALTH](http://WWW.PSYCOM.NET/GET-HELP-MENTAL-HEALTH).

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