

LIFESTYLE

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FOUR THINGS

Word of the week

katzenjammer
What it is: noun
What it means: an unwanted noise, distress or a hangover

Where it came from: Originated in 1849 from the German words "katze," meaning cat, and "jammer," meaning distress.

How to use it: "Jim tried to study for his organic chemistry exam but found it difficult because of a katzenjammer."

SOURCE: M.W.COM

Quote of the week

"I think life is far too short to concentrate on your past. I rather look into the future."

— Lou Reed

Lou Reed is a musician noted for his work with the group *The Velvet Underground* as well as his solo releases. In 1996, Reed was inducted into the Rock and Roll Hall of Fame along with fellow band members of *The Velvet Underground*.

SOURCE: ROCKHALL.COM

This week in history

Wish a happy birthday to producer, director, actor and writer **David Lynch** who turns 63 today. Lynch is noted for his work on the films "Blue Velvet," "The Elephant Man" and "Eraserhead," as well as the TV series "Twin Peaks."

The first official game of basketball was played on Jan. 20, 1892 at a YMCA in Springfield, Mass. The first basketball nets were fashioned from peach baskets nailed to the wall.

SOURCE: NBA.COM

Did you know?

President William Howard Taft, who was in office from 1909-13, was the heaviest president and weighed more than 300 pounds. Taft was so large that he once became stuck in a White House bathtub.

President John Quincy Adams kept a pet alligator in the White House.

In 1829, an inaugural crowd of about 20,000 people displaced **President Andrew Jackson** from the White House. In an effort to convince the crowd to leave, large tubs of orange juice and whiskey were placed on the front lawn.

The White House did not get its current name until 1901 under **President Theodore Roosevelt**. Previously it had been referred to as the "President's Palace," the "President's House" and the "Executive Mansion."

Construction on the White House began in 1792. **President John Adams** was the first to live there. The White House suffered two fires — one in 1814 during the War of 1812 and another in 1929.

SOURCE: WHITEHOUSE.OV

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Tuesday

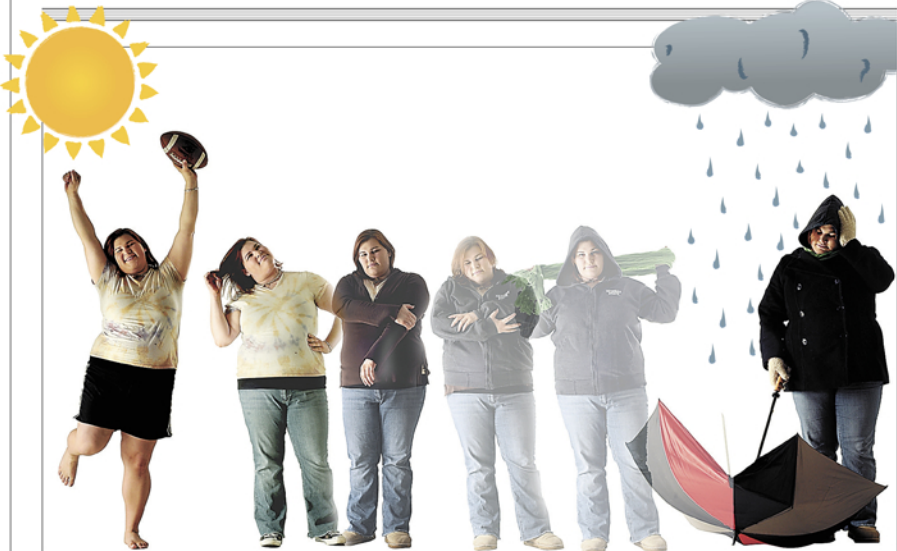


PHOTO ILLUSTRATION BY SAM RUIZ, CHELSEA HOGORISK, SEAN COOK AND ANDREA ZAGATA/THE STATE NEWS MODEL: PSYCHOLOGY SENIOR ERICA STEINBERG

SEASONAL SLUMP

Treatments help students battling 'winter blues' find ways to cope with mood disorder

"The worst part of seasonal depression is the way it snowballs on itself. I start to feel dissatisfied with my life, and I don't want to get out of bed."

Christine Hernandez, social work junior

and February, according to the National Organization for Seasonal Affective Disorder or NOSAD.

Hernandez has experienced firsthand the shift in mood that accompanies SAD.

"Physically, I am usually exhausted. I can never seem to get enough sleep. My emotions are in overdrive when depressed, jumping around from anger to regret to intense sadness. Sometimes my emotions are in such an overload that I simply break down and cry from the intensity of it," Hernandez said.

Hernandez said while her depressive episodes can occur at any time of the year, if the weather turns rainy or dark her symptoms are most common during the winter, as the short days decrease her exposure to natural sunlight and cause her episodes

By Abaries Farhad
THE STATE NEWS

As the days darken and sunlight fades early in the evening, some students on campus feel their moods darken and their happiness fade. For social work junior Christine Hernandez, the contrast between the light and dark halves of the year has an extreme effect on her mental and emotional state.

"It was my mother ... who first noticed my depression symptoms during my senior year of high school," Hernandez said. "It became apparent the summer after sophomore year of college that my depressive moods came and went

to become worse and occur more frequently.

"The worst part of seasonal depression is the way it snowballs on itself. I start to feel dissatisfied with my life, and I don't want to get out of bed. So I stay in bed and realize I'm not doing anything productive," she said. "This makes me feel worthless, and I realize there's no point in getting out of bed, no one would care if I did anyway. And it can continue like this until I'm exhausted and fall back asleep, starting the cycle over when I wake next."

All in the brain

According to both NOSAD and Mayo Clinic, SAD is linked to a chemical imbalance caused by shortened daylight hours and less exposure to natural light.

Mayo Clinic also states there

is another theory that less sunlight causes less production of the neurotransmitter serotonin, a "happy" calming chemical in the brain, and an increase in melatonin, a sleep-related hormone. This combination causes depression-like symptoms.

Battling the blues

"Anyone can get SAD, but it's most commonly seen in adults, especially those who live in climates or geographical regions where sunlight is lacking," said Dr. Jennifer Grzegorek, Ph.D., an MSU Counseling Center psychologist.

"Research also tends to show that it's more common in women than men. There are MSU students who experience seasonal depression. Michigan is one of those places where SAD is more likely, due to the cold and dark winter days that occur here in the northern sections of the United

States." This can be bad news for those like Hernandez who are living in Michigan, which has much less year-round sunlight than, for example, a country near the equator.

According to the Society for Light Treatment and Biological Rhythms (SLTRB), about 25 percent of people living in the middle to northern latitudes of the United States experience winter-related sadness.

Although he doesn't suffer from SAD, theater sophomore Tyler VanCamp said he is affected by Michigan's winters.

"I feel like I don't have enough time to get things done when it's dark, and the cold weather makes me less ambitious to get things done."

About SAD

Seasonal affective disorder (SAD) is a winter depression that can occur between September and April.

December, January and February are the months when SAD is most common.

SAD is believed to be caused by a chemical imbalance in the brain due to decreased exposure to sunlight.

Common SAD symptoms include depression, hopelessness, anxiety, loss of energy, social withdrawal, oversleeping, loss of interest in favorite activities, appetite changes and craving foods high in carbohydrates, weight gain and difficulty concentrating and processing information.

Common treatments are psychotherapy, antidepressant medication and light therapy.

Counseling is available through the MSU Counseling Center

SOURCES: NATIONAL ORGANIZATION FOR SEASONAL AFFECTIVE DISORDER (NOSAD), SOCIETY FOR LIGHT TREATMENT AND BIOLOGICAL RHYTHMS (SLTRB), MAYO CLINIC, MSU COUNSELING CENTER

➔ To hear more about light treatment for seasonal affective disorder, visit statenews.com/multimedia