

December Edition



MERRY &  
CHRISTMAS



# KAMRYN'S CORNER

Hi everybody! December is Seasonal Affective Disorder (SAD) Awareness Month. We have all been through periods of time when we feel sad, down, or just not ourselves; sometimes these mood changes begin and end with the season changes. Maybe you have heard of the “winter blues.” Winter brings the cold, here in the south, the rain, and we know both of those in combination bring the pain in our bones and joints. The spring returns with it’s beauty and blooming and we march on.

If you are experiencing the “winter blues” it is important to find a hobby that you enjoy, maybe it’s baking, knitting, coloring, crossword puzzles. Snuggling up under a blanket on the couch with a good book sounds like a pretty good day to me! Sometimes after the holidays are over we get lonely and miss our families, we really just need someone to talk to. I will be glad to be your listening ear. At other times, it is a little more than seasonal depression. We have great options locally for mental health counseling to aid you in getting the help that you need and deserve.

With Love & Blessings,

Your Telehealth Nurse

Kamryn



**Kamryn Williams, LPN**  
Telehealth Coordinator

# ***Seasonal Affective Disorder***

Seasonal Affective Disorder Awareness, also known as SAD, is a type of depression that is characterized by a recurrent seasonal pattern. These symptoms can last up to 4 to 5 months out of the year. SAD affects people differently, some people may have the “winter blues,” others experience depressive symptoms during the spring and summer months, known as “summer-pattern SAD.” Summer depression SAD is less common. At times, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed a significant change in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder and it is pertinent to seek help.



# Signs and Symptoms of Seasonal Affective

## DEPRESSION SYMPTOMS



SUICIDAL THOUGHTS OR ATTEMPTS



TROUBLE CONCENTRATING



FATIGUE



FEELINGS OF GUILT AND WORTHLESSNESS



LOST OF INTEREST IN THINGS THAT BRING JOY



INSOMNIA



IRRITABILITY



OVEREATING OR APPETITE LOSS



# Prevention and Treatment

## PREVENTION OF DEPRESSION

-  BALANCED DIET
-  REGULAR PHYSICAL ACTIVITY
-  ADEQUATE SLEEP
-  STRESS MANAGEMENT
-  SOCIAL CONNECTIONS
-  SELF-IMPROVEMENT
-  TIME MANAGEMENT
-  SEEKING PSYCHOLOGICAL SUPPORT



## DEPRESSION

### WHAT CAN YOU DO?



# Mood Boosting Foods

## Banana Oat Pancakes

Bananas contain tryptophan, which is the precursor to our happy hormone serotonin, therefore including them in our diet may help promote a better mood. This banana oat pancake recipe also contains oats which help to stabilize blood sugars as well as including mood-boosting nutrients including iron, magnesium and B vitamins.

### Ingredients:

125mL oat milk

2 eggs

1 small banana

100g rolled oat

2 teaspoons baking powder

Few drops of vanilla extract

Oil

Low-fat yogurt

Fruit to top



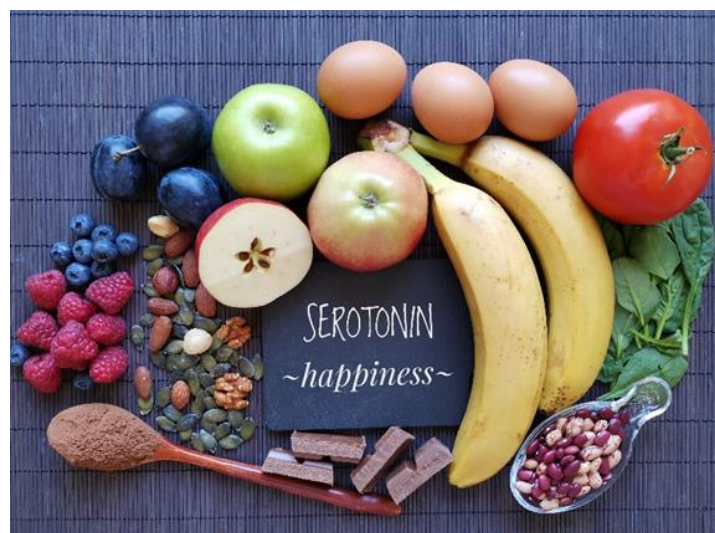
### Instructions:

Mix oat milk, egg yolks, banana, oats, baking powder and vanilla in a blender until smooth. Whisk in the egg whites until stiff peaks, add 1 to 2 tbsp of whites in the batter and fold in the rest.

Heat a non-stick pan over a medium heat and spray with oil, pour about 2 tbsp of batter into the pan and cook for 1-2 minutes until base sets and bubbles appear. Flip and cook the other side for 1 minute.

Garnish with yogurt and fruit & enjoy!

[bbcgoodfood.com/recipes/banana-oat-pancakes](http://bbcgoodfood.com/recipes/banana-oat-pancakes)



# FACTS AND STATS

## Statistics and Facts

- Community Crisis Response & Intervention Line provides services 24/7 365 within 60 minutes of contact to meet the mental health needs of South Carolina residents. – (833) 364-2274
- Mental health disorders account for more disability than any other illness, including cancer and heart disease, reports the Centers of Disease Control and Prevention.
- 13.7 % of South Carolina’s population, or 706,000 people, have a mental illness.

### Local Assistance:

#### Bamberg County Mental Health Clinic

(803) 793-4274

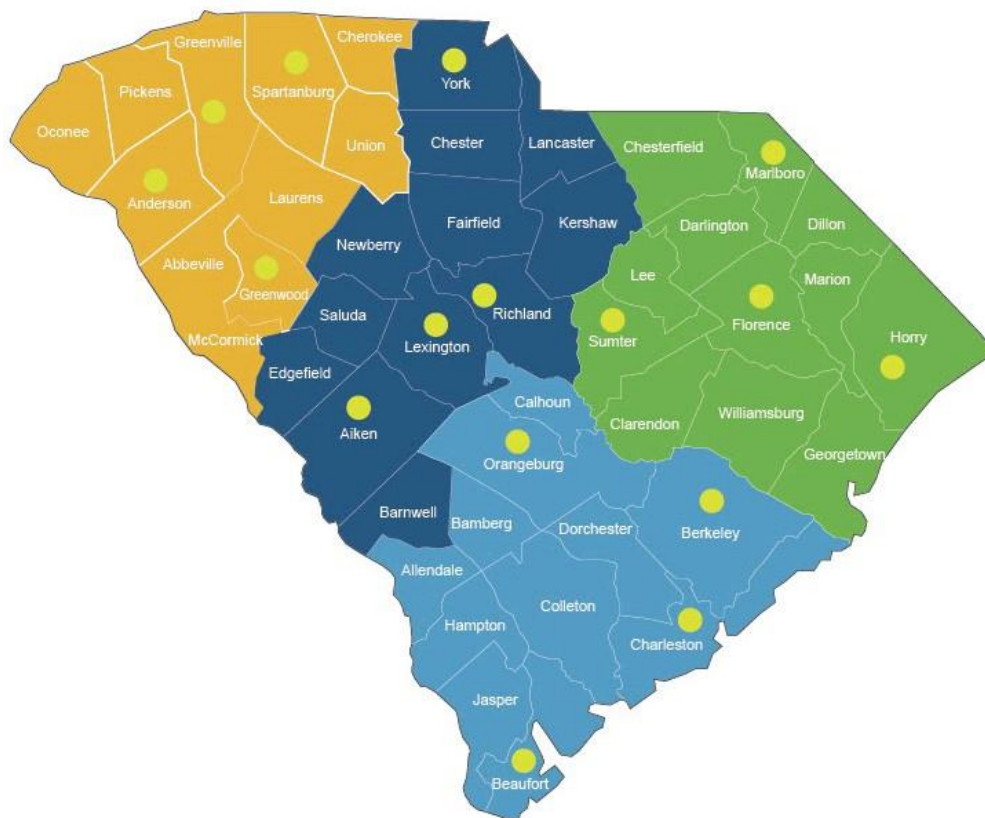
#### MUSC Behavioral Health:

(803) 395-3715

#### Orangeburg Area Mental Health Center

(803) 536-1571

## SC Department of Mental Health Community Help Centers



WHAT WE ASPIRE TO BE

## OUR VISION

Every South Carolinian is connected to healthcare services

WHO WE ARE

## OUR MISSION

To improve access to healthcare services in rural and underserved communities in South Carolina through telehealth, technology, broadband and education.

WHAT WE DO

## OUR VALUES

- Transform healthcare delivery
- Build trusted relationships
- Empower communities
- Innovative solutions
- Keep healthcare local
- Inclusion
- Equitable access
- Advocate

WHAT WE DO

## FOCUS AREAS



Technology



Telehealth



Broadband



Education

**Telephone: 803.956.6221**

**[www.palmettocareconnections.org](http://www.palmettocareconnections.org)**

