

SEASONAL



Self-Care

SEASONAL SELF-CARE

SEROTONIN SAYS MONTHLY:
DECEMBER EDITION

SEASONAL SELF-CARE TIPS FOR YOU!

By D.I. Smith

Edited by Ealisayd Triplett and Emma Yuan

- Write about something you have done and are proud of every day: Sometimes we forget the great things about our days because bad memories stay longer. Reminiscing on those things and documenting them may be helpful for other days when it rains harder.
- Wake up early and sleep on time!: Making sure you have a regular sleep schedule can help lift your spirits, as well as keep your strength up. It's okay to get some sleep!
- Create a schedule and organize some tasks in order of priority: Organizing things so that you are sure that you know what you need to get done first can be helpful so that you don't feel as overwhelmed by things. Creating multiple timelines and writing things down in different ways in different places can help take off excess stress.
- Paint your nails, or treat yourself to special skincare routines: Painting your nails, taking a bath, or even just wearing a facial mask can be relaxing, as well as beneficial for your skin.
- Play your favorite music, whether that be on a stereo or you creating your own cover: Music is therapeutic for a lot of people, and different tunes can put you in different moods. Playing an instrument can also distract you from other problems.
- Find some new hobbies, and remember some old ones: Hobbies are important to keep, and it is always great to try new things. Maybe pick up a new book, or learn how to knit, anything is possible!
- Turn off any distractions for an hour or so: If you don't want to be on a platform, or constantly be receiving messages from people, it's okay to turn off your phone, or any other detours that might be affecting you. You belong to yourself before anyone else, and turning that side off for a few to do what you want to do can be needed.
- Read wholesome memes or watch cute videos: Who doesn't love wholesome things? They're beautiful, cute, and have the best messages. Cute videos, such as one of a cat playing the piano, can boost your serotonin levels!
- Talk to someone: You don't have to go through things alone. If you are struggling with anything, there's almost always someone to talk to. Even if it doesn't feel like there is a safe haven, there'll be one eventually. You don't have to say anything if you aren't ready, but it can be therapeutic to vent and let things out.
- Don't forget that you are important, too. It's okay to take breaks, it's not always procrastinating. It's perfectly fine to give yourself love because everyone deserves love, and the term 'everyone' includes you. Doing what you need to recharge or heal is essential to move on and find happiness.

Song of the Month

**UPSIDE DOWN BY
JACK JOHNSON**

INTERVIEW WITH A PSYCHOLOGIST: QUARANTINE SELF-CARE

WRITTEN BY MADELINE GOLD

I interviewed Dr. Samantha Rodman, a psychologist who has seen many patients throughout the COVID-19 pandemic through telehealth services, on the ways in which quarantine has impacted mental health and self-care.

1. In your opinion, has quarantine increased or decreased the ways in which people take care of themselves and why?

Generally worse, but this is dependent on your socioeconomic status. The people who can afford to buy Pelotons and have white collar work-from-home jobs are doing better with self-care. They can exercise and often get more sleep than when they had to commute. Their main stressor, which is certainly significant, is having to work while facilitating their kids' remote learning. People who cannot afford to stay home (so they either keep going to work and have to figure out childcare or they have to stay home and suffer a loss of income) are massively more stressed and their self-care is plunging. Across socioeconomic classes, rates of problem drinking and domestic conflict have risen with lockdown. Mental health worsened for almost everyone across the board, but there are some introverts or anxious people who are financially stable that are thriving in lockdown because social demands are decreased, and they can still exercise and engage in their same solo hobbies.

INTERVIEW WITH A PSYCHOLOGIST: QUARANTINE SELF-CARE, CONT.

2. Do you think that the current mental health crisis in our country should be taken as seriously as the COVID-19 pandemic?

100% the mental health crisis is as dangerous if not more dangerous than the pandemic. Loneliness alone, without even putting depression into the mix, raises mortality rates considerably (cutting 15 years off lifespan according to research). As noted, rates of domestic violence and child abuse are up. I had clients functioning very well at college, and when they had to go back home to their dysfunctional families with no social outlets, their depression levels skyrocketed.

People at home drink more and this fuels depression and anxiety. Older people, the exact ones whom lockdown is intended to help, suffer crippling loneliness and feel useless without being able to go to religious institutions, senior centers, and care for grandkids. Children suffer without in-person learning and critical socialization. And economic insecurity for business owners has a massive impact on depression.

3. What are some of your best tips to maintain a healthy lifestyle both physically and emotionally during these times?

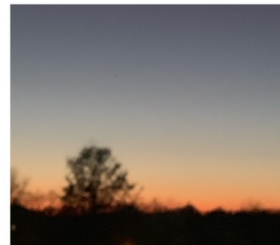
Engage in exercise whenever possible, especially getting outside in the sunlight and fresh air. Right now, seasonal affective disorder is a major concern with shorter days. Coupling this with lockdown and depression is a huge risk. Socialize via zoom, phone, or socially distant walks with friends. Plan future events, such as trips you will take when this all ends. Reach out to a therapist if you feel depression or anxiety is overtaking you, and stay away from obsessive news-checking, which does more harm than good, especially for those who trend toward anxiety.

Remember: take care of yourself!

SELF-CARE BUCKET LIST MAKING!

WRITTEN
BY MADELINE
GOLD

Making a self-care bucket list can be a really productive and fun way to make sure you are taking the steps you need to take care of yourself this holiday season. To start, making a list of skincare products, new healthy foods to try, or even new fuzzy pajamas can be a huge source of joy. From there, making a list of actions you can take to make life easier for yourself (for example, taking scheduled breaks from your work or homework). Throughout the holiday season, you can review this list and measure your progress along your self-care journey! Happy bucket list making season!



Quote of the Month

**"I MAY NOT BE WHERE I
WANT TO BE BUT I'M
THANKFUL FOR NOT BEING
WHERE I USED TO BE."**

-HABEEB AKANDE

DECEMBER ZENTANGLE

BY MAYA SIEGAL



STRESS OF THE HOLIDAYS

WRITTEN BY SOPHIA WONG
EDITED BY JACQUELINE GOLD

The holiday season brings with it a whirlwind of shopping, cooking, cleaning, and other demanding tasks. Many, especially this year with COVID-19, will be separated from family and friends and trying to deal with emotions, which can be very depressing. With all these things happening it's easy to get caught up in all the action, and this can lead to large amounts of stress; that's why it's so important to take time to relax. Here are some tips to minimize holiday stress.

Maintain a healthy lifestyle: Even if you are busy, it's still important to try and get a good amount of sleep and eat good meals, so try your best not to fall out of habits that might be forgotten in exchange for holiday matters. With all the tempting food that goes around during the holidays, it's important to be mindful about your eating and make sure you aren't going overboard.

Take some time for yourself: Step back from whatever you are working on, and do something relaxing that you enjoy. Examples of this are reading, taking a walk, baking, etc.



Plan ahead: Set schedules, budgets, and other things beforehand. This can reduce the stress of the tasks at hand, and make everything seem much more manageable.

Communicate: Don't be afraid to reach out to others. Talk to others about your stress and emotions, spend time with family and friends, and if you can't meet someone in person, give them a call! Too much or not enough interaction during the holidays can add to stress or put tension on relationships, so try to find a good amount that's right for you and the other party.

Take care of yourself: Especially during the holidays, your focus may be on your family or friends, but don't forget to take care of yourself. It's good to care about others, but if you don't take care of yourself who will?

Be aware of your emotions: Many people may be experiencing grief from a lost loved one or another saddening event, and the holidays can amplify it. Acknowledge these emotions, and don't try to force yourself to be happy. If you find yourself to continuously be sad, don't hesitate to reach out to a professional or a trusted person.

Holidays are a time of joy, a time to meet family and friends. It's hard to know what it will look like this year, but it's important to stay positive. Take these tips to heart, and stay safe!

CHECK IN NEXT MONTH

SEROTONIN SAYS MENTAL
HEALTH CHALLENGE OF
THE MONTH: TRY TO TAKE
UP A NEW FORM OF SELF-
CARE! WHETHER THAT BE
SCHEDULED BREAKS FROM
SOCIAL MEDIA, A NEW
SKINCARE ROUTINE, ETC.
HAVE FUN WITH IT!

FOR MORE
MENTAL
HEALTH
CONTENT

