

**The Post Rock Connection**  
**Post Rock Extension District #1 Family and Consumer Sciences Column**  
**Month of February 2024**  
**By Brenda Langdon, Family Resource Management Agent**

**Seasonal Blues**

Even the most positive people can experience the blues in the winter months. Such factors as shorter days, temperature drops, more time indoors which makes it harder to produce Vitamin D, often less social interaction, a tendency to crave unhealthy foods, and moving less can all attribute to seasonal blues.

Health and happiness go hand in hand. Research shows the happiest people tend to live 8 years longer than the saddest people.

Make sure you sleep 7.5-8 hours per night. People who get less than 6 hours of sleep a night are 30% less happy than people who get at least 7 hours or more.

Staying active on a regular basis can help you sleep better, which helps manage your mood. It improves your sense of control, helps cope with stress, and improve self-esteem.

Exercise affects the chemicals in your brain. Physical activity increases serotonin when at normal levels makes you feel more focused, emotionally stable, happier and calmer.

Laughter does have healing properties. It lowers our blood pressure, increases our heart rate, lowers our blood sugar, exercises abdominal muscles, brings oxygen to the brain, boosts the immune system, a natural antidepressant, opens the airways and laughing even burns calories. A good hearty laugh relieves stress and anxiety too.

To help fight off those blues, get together with family and friends often. Move more - get up and move for 3-5 minutes every hour. Reminisce about the good ole days. Eat at least one green food every day. Spend time out in nature and in the sun. Watch funny shows/movies. Add more colorful foods to your diet. Be mindful to relax and reduce stress. People who live long healthy lives tend to eat a light dinner. When possible, plan your heaviest meal for lunch and eat the lighter meal in the evening. You will sleep better too.

Get in your fruits and vegetables – keep a food journal. Track the food you eat for a 24-hour period write them in the journal and count the number of fruits and vegetables you consumed. Have you had at least 5 servings?

Living quietly with less worry can help to improve your health. Eat a balanced diet. Keep up on hobbies you enjoy. Find what energizes you and focus on that. Slow down with a good book or a friendly conversation. Find ways to slow down your daily pace. Those who are aging purposefully are the most happy and balanced people among us.

*The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Brenda at [bklangdon@ksu.edu](mailto:bklangdon@ksu.edu) or by calling 785-346-2521. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is [www.postrock.ksu.edu](http://www.postrock.ksu.edu).*



### Post Rock Extension District #1

**Beloit Office** 115 S. Hersey Beloit, KS 67420 (785) 738-3597  
**Lincoln Office** 108 W. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432  
**Mankato Office** 307 N. Commercial Mankato, KS 66956 (785) 378-3174  
**Osborne Office** 113 N. 1<sup>st</sup> Street Osborne, KS 67473 (785) 346-2521  
**Smith Center Office** 218 S. Grant P.O. Box 287 Smith Center, KS 66967 (785) 282-6823

*Knowledge  
for Life*

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact a Post Rock District Office.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer.