Visit these “sunny spots” to brighten your day during the harsh winter months.

LOGAN CENTER FOR THE ARTS
915 East 60th Street

ARLEY D. CATHEY DINING COMMONS
6031 South Ellis Avenue

SCHOOL OF SOCIAL SERVICES ADMINISTRATION
969 East 60th Street

D’ANIELO CAFÉ
1121 East 60th Street

ORIENTAL INSTITUTE STUDY ROOM
1155 East 58th Street

ARLEY D. CATHEY LEARNING CENTER
1116 East 59th Street, 3rd Floor

CHICAGO BOOTH HARPER CENTER
5807 South Woodlan Avenue

GORDON CENTER FOR INTEGRATED SCI. &CES CAF
927 East 57th Street, 3rd Floor

JOE AND RIKI MANSUETO LIBRARY
1100 East 57th Street

SNELL-HITCHCOCK QUAD
5709 South Ellis Avenue

RATNER ATHLETIC CENTER
5530 South Ellis Avenue

NORTH CAMPUS
5500 South University Avenue

CENTER FOR IDENTITY AND INCLUSION LOUNGES
5710 South Woodlawn Avenue
The shorter days, colder weather and reduced hours of sunlight can leave anyone feeling melancholy, irritable, or tired during these winter months. To combat these feelings, commonly known as “winter blues,” studies have found that increasing light exposure is associated with higher levels of the hormone serotonin.

For our bodies to function, exposure to light is imperative to help regulate our serotonin and melatonin levels. When the sun sets, the pineal gland signals the production of melatonin to increase, which in turn signals to the body that it is time to sleep; in the morning when sunlight enters the eye, the pineal gland signals the production of serotonin to increase and melatonin to decrease.

Serotonin helps keep us awake, elevates our mood and brings emotional stability, so that we can look at the sunny side of our day. The winter months can severely upset the normal chemical balance in our bodies, so getting enough light exposure is imperative for our health.

However, if you are experiencing symptoms of depression, anxiety, increased sleep and fatigue, moodiness, social withdrawal, difficulty concentrating and increased appetite with weight gain, you may be experiencing a more serious condition called Seasonal Affective Disorder (SAD). This can affect your health, relationships, academics and everyday activities.

It is important to contact a healthcare provider for diagnosis and treatment of SAD and other types of depression. If you think that you or someone you know may be experiencing symptoms of SAD or depression, please contact Student Counseling Services for a confidential consultation at (773) 702-9800.

Visit wellness.uchicago.edu for more information on studies and resources.