

**WTNS Radio OSU Extension Update for October 26, 2020**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about the upcoming time change, as well as some upcoming programs from OSU Extension.

I am usually an early riser. It is my habit to get up close to 5:30, pour myself a cup of coffee, and sit in my favorite chair to read and study and pray. October is one of the more challenging months for me to get up early as the mornings are dark for so long.

Therefore, I am one of those strange people who kind of looks forward to the November time change. Not that I like the sun setting at 5:00 PM, but I sure enjoy seeing the sun before 8:00 AM. The disruption to sleep patterns can be annoying. Falling back to gain an hour is usually not as tough as springing forward to lose an hour, but there are still some habits we can examine.

According to Dr. Aneesa Das from The Ohio State University Wexner Medical Center, "The key is exposure to as much natural light as possible. Once the sun rises, keep it brighter in the home and, once the sun sets, keep it dimmer in the home. Natural light helps our internal clock function properly."

Dr. Das also suggests that during this week we try to stay awake a just little later in the evening to help us adjust to the change. I think it is helpful to first examine your sleep habits. If you are not getting the recommended 7-9 hours of sleep that adults need, then take this opportunity to add more sleep to your routine. Instead of staying up later, go to bed when your body feels like you would have before. If you normally go to bed at 11:00, next week go to bed at 10:00. It will feel like the same time to your body, but you will get extra sleep by morning.

Another thing to consider is the winter blues and seasonal affective disorder (SAD). These symptoms can begin to show up this time of year and into the next couple of months. Rush University Medical Center distinguishes between the winter blues and SAD with the following comparisons.

The most common symptoms of the winter blues are general sadness and a lack of energy. Other symptoms of the winter blues include difficulty sleeping, feeling less social than usual, and difficulty taking initiative.

The hallmarks of SAD are sleeping too much and overeating. Other common SAD symptoms include a mood that is down or depressed most of the day nearly every day, loss of interest in activities you typically enjoy, withdrawing and isolating yourself from friends and family, struggling to focus and perform at work or home, feeling constantly fatigued and lethargic, feeling hopeless about the future, or having suicidal thoughts.

Please don't ignore any of these signs. Reach out to your primary care doctor to discuss your options. There are several evidence-based treatments they may suggest. Research has shown that sunlight boosts serotonin production and our overall mood. This means that they may suggest light therapy once we get into the more dreary, cloudy days of November and December. Research also shows that there is a strong connection between physical activity and mental health. It sounds too simple, but getting outside to take a walk can have a huge impact on our mood.

Now we'll take a look at some upcoming opportunities from OSU Extension.

Food Preservation Office Hours continue this week with Canning Meat, Poultry, and Game class tomorrow afternoon from 4:00 – 5:00 PM. Future topics include: Making Jerky next week, and I'll be co-teaching Making Sauerkraut during the last online class November 10. Each of these programs will have time at the end to ask any questions you have about food preservation. RSVP on our website [coshocton.osu.edu](http://coshocton.osu.edu).

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!