

QUIZ

WHY DO WE HAVE THE 'WINTER BLUES'?



Not only is it **1.** _____, but shorter days and longer nights can bring on the blues.

Doctors say in **2.** _____ people with SAD become depressed.

... the brain goes through a **3.** _____, which can lead to a number of symptoms.

There are **4.** _____ that are used to treat those with SAD ...

And **5.** _____ – **6.** _____ and togetherness are great therapy for the **7.** _____.

Answers : 1. brisk outside - 2. severe cases - 3. chemical imbalance - 4. specially designed lightboxes - 5. be with family - 6. laughter - 7. winter blues.