

Tips on how to manage the dark season in Finland

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4.11.2021

Be outside, while there is light

- During the autumn and winter the days are shorter in north

- Catch the minutes and hours when the sun is up!
 - Short walks outside during the days



Small amounts of exercise during the day

- Walk or take the bicycle to school, work, shopping and to friends
 - Take the stairs instead of the elevator
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- Be outside with your friends
 - Visit the Finnish forest, enjoy the nature
 - Affordable ways to do exercise in Vasa:
 - Vasa swimming hall,
 - nice paths along the shore,
 - stairclimbing (Gerby, Öjberget)



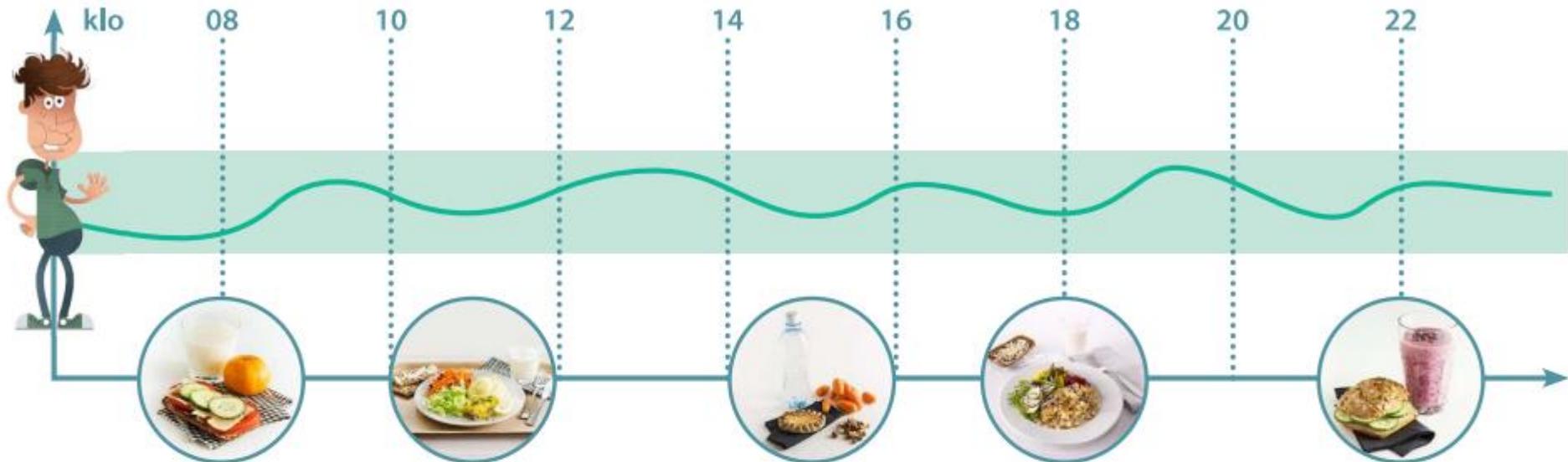
Eat regularly



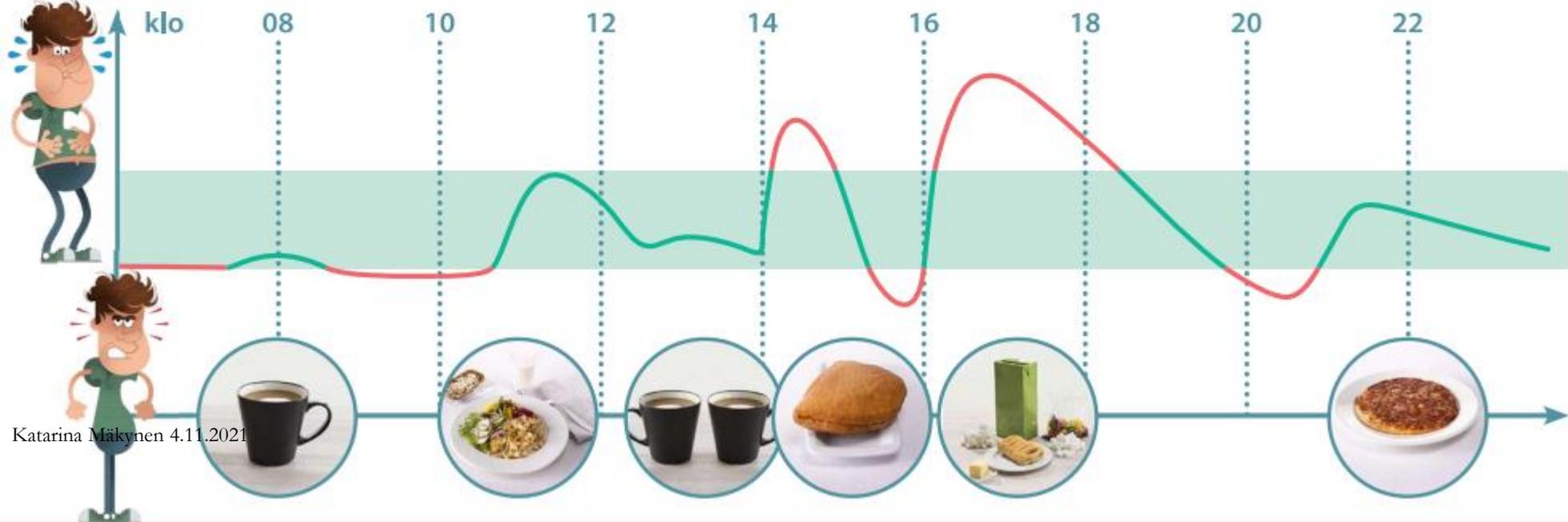
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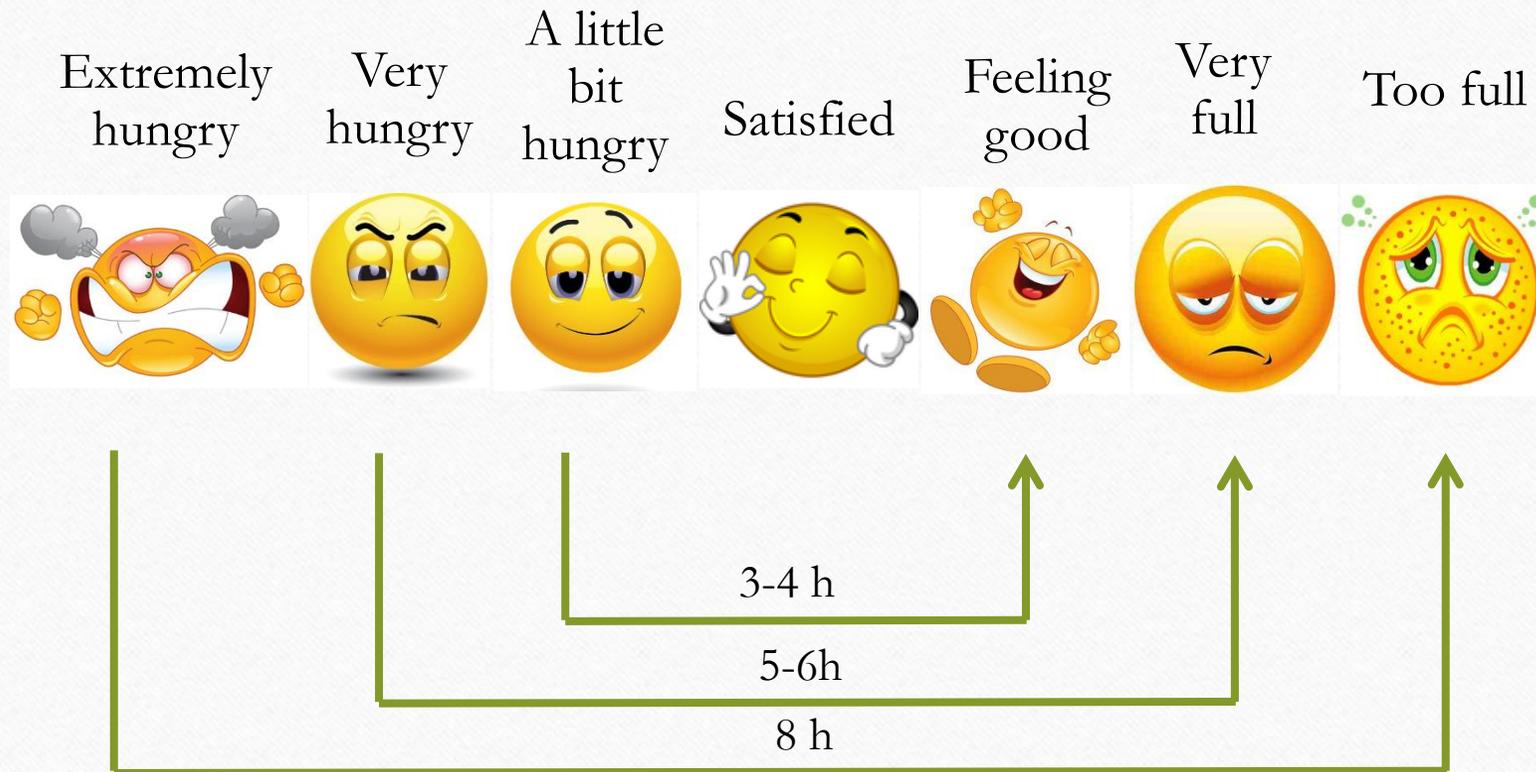
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Eat regularly and you feel better



Variaty and colors on the plate



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mtv
UUTISET



Carbohydrates in the autumn and winter



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Your body needs
carbs!
- focus on the
quality

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PUURO, PASTA
RIISI, PÄHKINÄT
JA SIEMENET

LEIVÄT JA
LEIPOMO-
TUOTTEET

HEDELMÄT
KASVIKSET
JA MARJAT

Vitamin-D

- In Finland we don't get enough of vitamin-D from the sun
- 10 ug vitamin-D supplementation per day



Get enough sleep

If it feels difficult to get sleep at night, try:

- Relaxing exercises
- Reading a book
- A cup of decaffeinated tea
- A slow walk
- Listening to relaxing music



Skip Prichard

A wide-angle photograph of a snowy winter landscape. The foreground is a vast, flat expanse of snow with some small mounds. In the middle ground, several evergreen trees are heavily laden with snow, their dark green needles contrasting with the white. The background shows a horizon line under a sky with soft, pastel colors of sunset or sunrise, ranging from pale yellow and orange near the horizon to light purple and blue at the top. The entire scene is framed by a thin white border.

Thank you!

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