



# How to Manage the Dark Season?

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Season of  
Retreat – or  
Season of  
Deadlines?



# Symptoms of Seasonal Depression / Seasonal Stress (kaamosmasennus / kaamosoireilu)



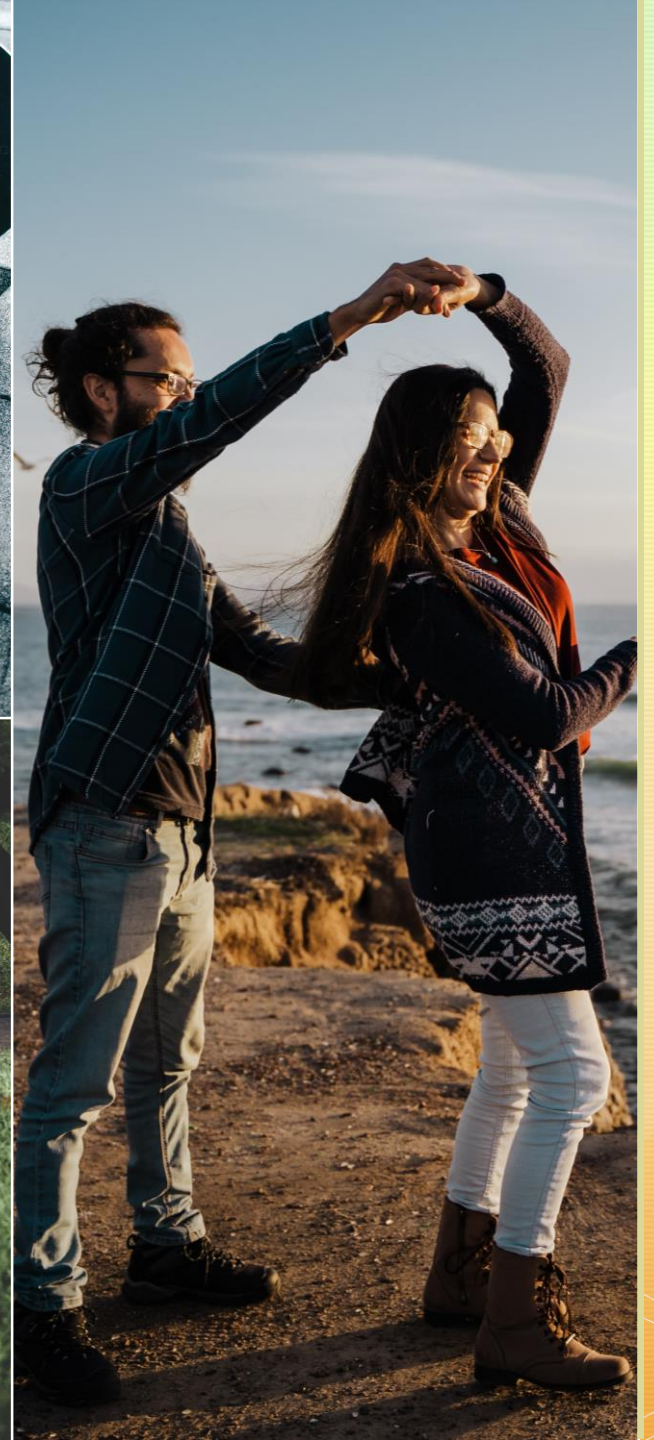
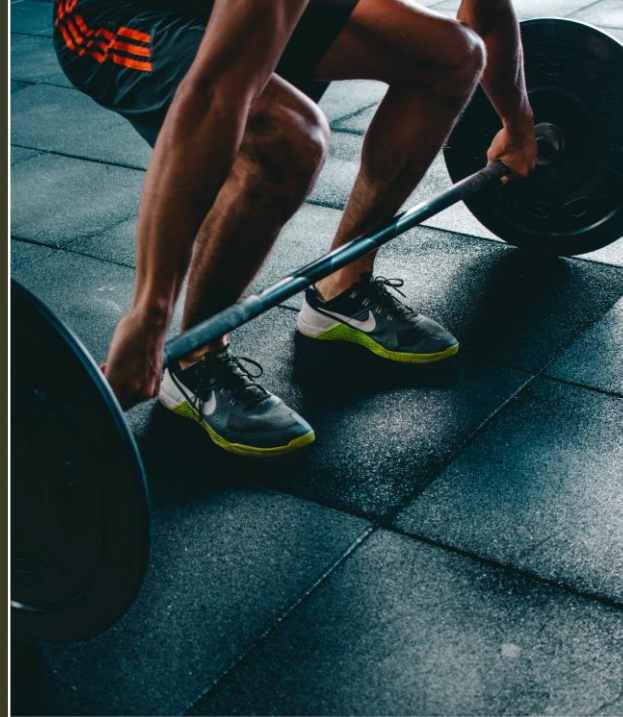
# 1. Bright Light Therapy Lamp

- Before 9 am
- At least 30 Minutes
- At least 5 days per Week



## 2. Exercise

- Anything you like
- Couple of times a week





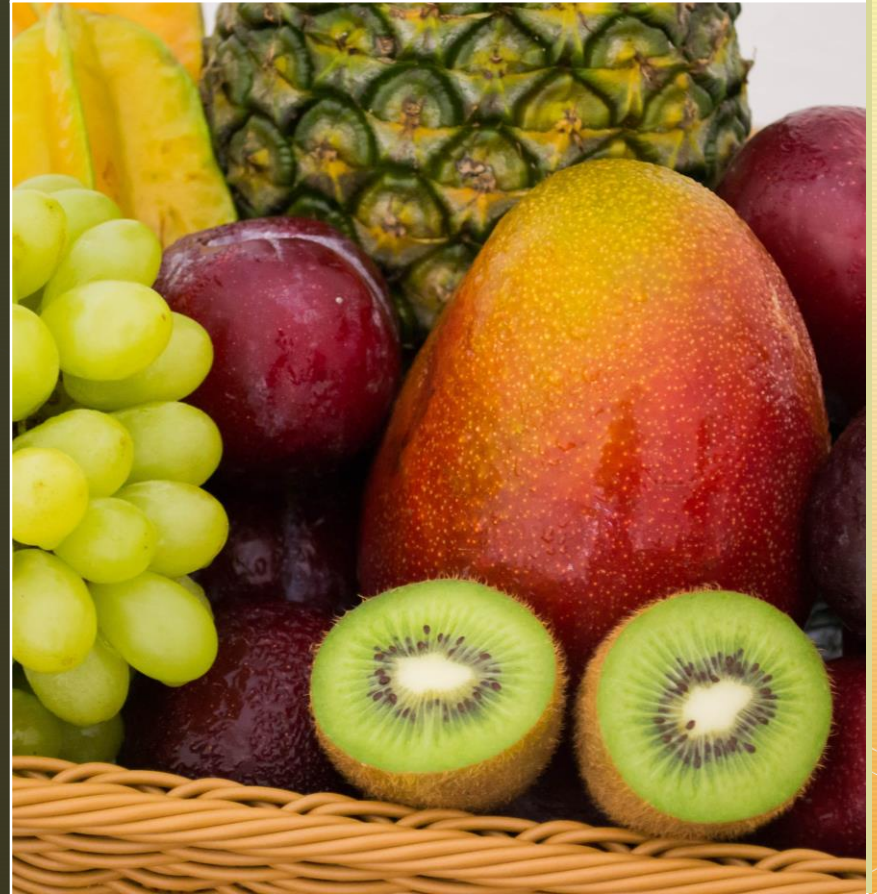
## 3. Nature

- Daylight
- Use your senses – learning to be present
- Nature videos



## 4. Wake Up Light

# 5. Fruits and Vegetables







## 6. Family and Friends

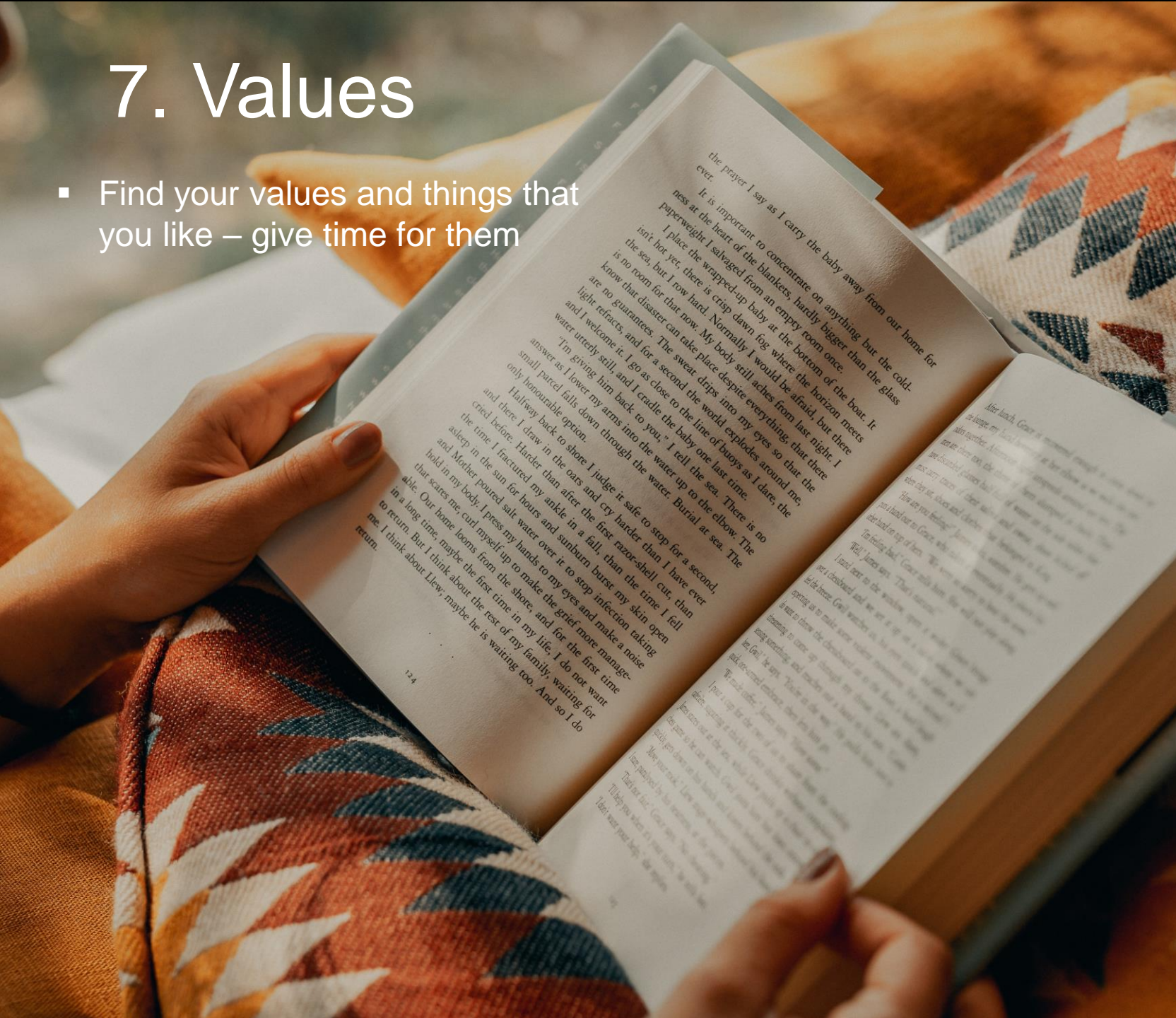
- Take care of your social relationships
- Laughing, playing, talking, helping each other...

7. Keep  
Yourself  
Warm



# 7. Values

- Find your values and things that you like – give time for them





## 9. Good Silence?

- Acceptance



## 9. Reflector



# References

Adela Pajunen & Marko Leppänen: Terveysmetsä. Gummerus. 2019

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Matti Huttunen: Kaamosmasennus. Duodecim. 2018

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# Thank you!

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