



What causes winter moping?

Partly. New Year's vacations are really quite long, but even so, they also contain an "ambush". They are associated with the New Year's holidays, and these are very active, bright, and emotional events. People often travel a lot, go to each other's houses, or celebrate noisily and with a plentiful table. There's an omen: "After the holidays, you still have to rest." It seems like such leisure, so welcome and pleasant, switching us from the daily grind, but at the same time our body is still tired, overloaded with impressions and sleepless nights. Also, the mode of the day shifts, which does not affect the biological rhythms favorably. And, of course, when we go back to school, we have to get up early again - this, accordingly, requires adaptation to a new regime. Because of this, we may feel sleepiness, apathy, which are the main symptoms of winter moping.

Such moping has different causes. For example, the seasonal features of the winter period, when we see that all nature sleeps, nothing blooms or flowers. Also, the harsh winter conditions lead to a decrease in life activity, they tell us that we need to focus all our energy on keeping warm, life. People should allow themselves to be ecological, to allow themselves this decrease in activity and productivity, understanding that it is necessary.

Another reason we can find is the fact that it's the middle of the school year. We are halfway through the school year, and studying is, of course, hard work. It is also a fairly strict regime: you have to get up early, do a lot of schoolwork, and many have additional school activities, clubs.

But there are winter vacations. Don't they help?

