

Just what you should really know about winter moping.

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Winter is a wonderful time of magical New Year's celebrations, noisy feasts with family and friends, fun outside in the snow, and frost that burns the cheeks. Everyone loves this time of year in different ways! Regardless, winter is not always so welcoming and friendly to our spirits. We are sure that most of our readers are familiar with winter moping. The question immediately arises, "What should we do about it?" We decided to find out about it from our school psychologist - Miss Julia. Readers who have already experienced this condition will be able to learn more about it, and for "newcomers" in such cases, this dialogue with a professional will be a little guide to action in the case of such small trouble.

