Subject: Re: How does darkness impact mental health and well-being?
Posted by Wayne Parham on Sat, 19 Aug 2023 13:21:24 GMT
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I read that about three million people in America suffer from seasonal affective disorder, making them slightly less optimistic and a little bit moody from early fall to spring every year. I think that figure may even be under-reported 'cause it seems almost normal to have a little more "pep in your step" in the summertime.