Subject: How does darkness impact mental health and well-being?
Posted by Adam-Jones on Fri, 07 Jul 2023 01:25:04 GMT
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Why we live in darkness when we have a beautiful life?

Subject: Re: How does darkness impact mental health and well-being?
Posted by Rusty on Fri, 07 Jul 2023 10:58:04 GMT
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Greed and influence.

Subject: Re: How does darkness impact mental health and well-being?
Posted by noodle on Sat, 19 Aug 2023 05:49:54 GMT
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Literal darkness? I actually feel more peppy when it's overcast as opposed to sunny and when it's night in general as opposed to day. I like shadowy indoor rooms, too.

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.

Subject: Re: How does darkness impact mental health and well-being?
Posted by Rusty on Sun, 20 Aug 2023 12:48:56 GMT
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Except when the dog days of summer drain all your invigoration away. Humidity in the upper 60's and heat index of 112 makes for cabin fever like the dead of winter. You just wear a lot less clothes. Can't wait for the leaves to turn now.

Subject: Re: How does darkness impact mental health and well-being?
Posted by Helen on Sun, 19 Oct 2025 16:03:24 GMT

Darkness can affect us both in a the negative or positive ways. Being intentionally or positively, darkness promote healing, rest and clear mindset. It's a period for emotional processing and creativity. I always prefer the dark whenever I wanted to get some clarity and a clear mindset.