

(Anchor Lead In)

It is estimated that 5 percent of the US population experiences seasonal depression. N-C-C News reporter Kendra Sheehan has more on how you can stay positive this winter

(Track 1)

Darker days, bare trees, and frigid temperatures are a sign that winter has arrived. With a new season can come a change in the way you are feeling. Syracuse University student Randy Plavajka says the winter brings him his own challenges.

{***SOT FULL***}

(CG: Randy Plavajka

**[TAKE SOT
DURATION:0:00]**

("When the sun isnt out for a few days I get kinda bummed and listen to sadder music.")

(Track 2)

Randy is not alone. Studies show the main onset of seasonal depression is between 20 and 30 years. Experts says finding coping methods early is important.

{***SOT FULL***}

(CG: Engy Adham)

[TAKE SOT

DURATION:0:00]

("The best thing that I have found is listening to upbeat music. and making sure I am doing stuff for myself. Like last week I went to get a massage and that was awesome.")

(Stand up)

Residents here who are used to the cold winters say the difficulty lies in the time of the year that weather start to change. Its often their most busiest times when lots of projects and assignments are due.

{***SOT FULL***}

(CG: xxx)

[TAKE SOT

DURATION:0:00]

(" Whenever I want to study and be concentrated if feels good for me to see some sun. It sort of picks me up and changes my mood a little.")

(Track)

SU student Kyle Cohen says seasonal depression is a topic that needs to be addressed more openly.

{***SOT FULL***}

(CG: Kyle Cohen

[TAKE SOT

DURATION:0:00]

(" People talk about the fact that it gets dark earlier, but people dont really talk about the fact that it can really impact peoples moods and cause actual depression in some people.")

(Track)

Experts say increasing the light at home, managing stress, and spending more time outside can help reduce the severity of symptoms . Kendra Sheehan N-C-C News