

study rest teach work learn think live play train
be well.

Of all the things we have to do, all our tasks and responsibilities, we must be well. We care about your well-being, and UWA Counseling Services can help if you are experiencing struggles that affect your ability to function and enjoy your daily life.

When the clock springs forward

Daylight Saving Time (DST) can cause disruptions to our body clock, otherwise known as the circadian rhythm, and can trigger underlying health issues. Being tired can decrease productivity, concentration, and general well-being. There are some practical ways of making it easier for your body to handle the clock change:

- Make the transition easier by waking up a little earlier than usual in the week before springing forward. This makes it easier to get out of bed on the first Monday morning following the time change.
- Eat a healthy breakfast first thing in the morning. Food tells your body it is the start of the day.
- Take a walk in the sunlight. Sunlight and exercise adjust the body clock.
- Help children adjust by putting them to bed a little bit earlier the week before the time change. The same is good for adults.

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WELLNESS TIP AND ENCOURAGEMENT PROVIDED BY

UWA Counseling Services

SOURCE

www.timeanddate.com/time/dst

You don't have to struggle silently.

Side Effects of Time Change

Tiredness from losing an hour can be disruptive enough in itself, but for some people, springing forward may have much more serious consequences.

- A Swedish study found that the risk of having a heart attack increases in the first three weekdays after switching to DST in the spring.
- Tiredness induced by the clock change is thought to be the main cause for the increase in traffic accidents on the Monday following the start of DST.
- On Mondays after the start of DST there were more workplace injuries, and the injuries were of greater severity compared to other Mondays.

GOOD NEWS!

Even though disrupting the circadian rhythm can have some serious effects, most studies find that they pass during the days following a DST change. Follow a healthy diet and balanced routine in the week leading up to and weeks after to help ensure that your body adjusts well.

