Click Here



```
Inpatient Mental HealthOur short-term residential program helps you take a break from triggers, get professional support and grow your mental Disorders DSM-5. 5th ed. American Psychiatric Association; 2013. . Accessed July 15,
2021.Seasonal affective disorder. National Institute of Mental Health. . Accessed July 15, 2021.Seasonal affective disorder (SAD). American Psychological Association. . Accessed July 15, 2021.Major depressive disorder with a seasonal
pattern. National Alliance on Mental Illness. . Accessed July 15, 2021. Galima SV, et al. Seasonal affective disorder: Common questions and answers. American Family Physician. 2020;102:668. Haller H, et al. Complementary therapies for clinical depression: An overview of systematic reviews. BMJ Open. 2019; doi:10.1136/bmjopen-2018-028527. Light
therapy. Natural Medicines. . Accessed July 15, 2021. Seasonal affective disorder and complementary health approaches: What the science says. National Center for Complementary and Integrative Health. . Accessed July 15, 2021. Safe use of complementary health products and practices. National Center for Complementary and Integrative Health.
Accessed July 19, 2021. Depression. National Institute of Mental Health. . Accessed July 19, 2021. Rosenthal SJ, et al. Seasonal effects on bipolar disorder: A closer look. Neuroscience and Biobehavioral Reviews. 2020; doi:10.1016/j.neubiorev.2020.05.017. Gitlin MJ.
Antidepressants in bipolar depression: An enduring controversy. International Journal of Bipolar Disorders. 2018; doi:10.1186/s40345-018-0133-9. Medical review (expert opinion). Mayo Clinic. Sept. 2, 2021. Schools out. Its hot. And youre not having any fun. Ah, the joys of summer: The withering heat and school vacations, when your kids give you
minute-to-minute updates on their boredom levels. Isnt summer depression, it isnt. For some people, summer depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has a biological cause, says Ian A. Cook, MD, the director of the Depression has
them feel miserable. Especially hard is that you feel like youre supposed to be having a great time. Everyone else seems so happy splashing in the water and sweating in their lawn chairs. So why cant you? And more importantly, what can you do to make this summer easier? Heres what you need to know about summer depression. Why do some people
feel more depressed in summer? Heres a rundown of reasons. Summertime SAD. Youve probably heard about seasonal affective disorder, or SAD, which affects about 4% to 6% of the U.S. population. SAD typically causes depression as the days get shorter and colder. But about 10% of people with SAD get it in the reverse -- the onset of summer
triggers their depression symptoms. Cook notes that some studies have shown that in countries near the equator such as India summer SAD is more common than winter SAD. Why do seasonal changes cause depression? Experts arent sure, but the longer days, and increasing heat and humidity may play a role. Specific symptoms of summer
depression often include loss of appetite, trouble sleeping, weight loss, and anxiety. Disrupted schedules in summer. If youve had depression before, you probably know that having a reliable routine is often key to staving off symptoms. But during the summer, routine goes out the window and that disruption can be stressful, Cook says. If you have
children in grade school, youre suddenly faced with the prospect of keeping them occupied all day, every day. If your kids are in college, you may suddenly find them and all their boxes of stuff back in the house after a nine-month absence. Vacations can disrupt your work, sleep, and eating habits all of which can all contribute to summer
depression. Body image issues. As the temperature climbs and the layers of clothing fall away, a lot of people feel terribly self-conscious about their bodies, says Cook. Feeling embarrassed in shorts or a bathing suit can make life awkward, not to mention hot. Since so many summertime gatherings revolve around beaches and pools, some people start
avoiding social situations out of embarrassment. Financial worries. Summers can be expensive. Theres the vacation, of course. And if youre a working parent, you may have to fork over a lot of money to summer camps or babysitters to keep your kids occupied while youre on the job. The expenses can add to a feeling of summer depression. This
summer, we have worries about the economic crisis layered on top of everything else, says Cook. People are feeling more financially strapped. They wondering, If I go on vacation, will the job still be there when I get back? The heat. Lots of people relish the sweltering heat. They love baking on a beach all day. But for the people who dont, summer
heat can become truly oppressive. You may start spending every weekend hiding out in your air-conditioned bedroom, watching Pay-Per-View until your eyes ache. You may begin to skip your usual before-dinner walks because of the humidity. You may rely on unhealthy takeout because its just too stifling to cook. Any of these things can contribute to
summer depression. What can help you feel better? What can you do to make this summer different? Here are some tips on taking control of summer depression. Get help. Its simple. If you think youre getting depressed, no matter what time of year, get help. Talk to a therapist, like a psychiatrist, psychologist, or social worker. Or see your general
medical doctor or a psychiatrist who can evaluate whether medicines for depression might be appropriate. Never take the signs of depression can turn into a longer-lasting bout of major depression, Cook tells WebMD. And even if your depression will
resolve in September, thats no reason to ignore it in June. Were talking about three months of potentially avoidable misery. A temporary depression can still be pretty awful, says Cook. While the symptoms lift in a few months, the impact on your family and job can be permanent. Plan ahead. Cook says theres one advantage to a summer depression:
you know when its coming. June is right there on the calendar. So if youre feeling OK in the spring, think about the specific aspects of your life that become difficult during the summer. What will help prevent summer depression? Whats the best way to take time off from work? Would signing up the kids for summer programs or camp help relieve your
stress? Youll feel a lot more in control heading into the summer if you have plans in place. Sleep. Vacations, summer barbecues, the short nights they can all encourage you to stay up later than usual. But not getting enough sleep is a common trigger for depression. So make a concerted effort to get to bed on time. Keep up with your exercise. Many
studies have found that regular physical activity can help keep depression at bay. So even if its getting too hot for your normal activities, find other ways to stay active and head off summer depression. Start earlier in the morning or later in the evening, when its not so hot. Consider fitness equipment for the cool basement. If an annual membership to
a gym is too expensive, consider joining one for a couple of months just to get you through the summer. Dont overdo dieting and fitness. Dont kick off the summer with a frenzy of dieting and exercise in order to fit into last years bathing suit. Its bound to make you unhappy and anxious. Instead, exercise sensibly and eat moderately. If you try an
insanely restrictive diet, you probably wont be able to keep it up. And that failure will just leave you more demoralized and worsen your summer depression. Protect yourself. Dont let obligations drag you down. Maybe you always host the enormous family barbecue on Memorial Day or the July 4 picnic. But if youre feeling overwhelmed, give it a pass
this year. Ask another relative to host. Dont risk pushing yourself into a summer depression just to live up to tradition. Think about why. If you struggle with summer depression year after year, ask yourself into a summer depression just to live up to tradition. Think about why. If you struggle with summer depression year after year, ask yourself into a summer depression just to live up to tradition. Think about why. If you struggle with summer depression year after year, ask yourself into a summer depression just to live up to tradition. Think about why. If you struggle with summer depression just to live up to tradition. Think about why. If you struggle with summer depression just to live up to tradition. Think about why. If you struggle with summer depression just to live up to tradition.
had previous bouts of depression during the summer? Without even realizing it, you may have started to associate the summer with sadness an association that gets stronger every summer that you spend depressed. If you do have some unhappy connection with the summer, sorting it out could help you break the cycle. Talk to your doctor about
adjusting your medication. If youre on medicine for depression, and you find that summer year after year makes your dosage. Maybe they could up your dosage.
vacation carefully. Before you book your plane tickets or load up your cars roof rack for your annual summer vacation, ask yourself this: Is this what you really want? Or is it an obligation youre fulfilling to a relative? Will it make you happy? Or will it stretch your finances, stress you out, and make you fall behind at work? Consider alternatives. Instead
of taking a whole week off at once, might it be better to take off several long weekends spread out through the summer? Would taking time off but staying at home a staycation be more relaxing? Dont get locked into a vacation that wont feel like a vacation. Dont beat yourself up. One thing that shared about summer depression is that you feel so out of
step. Everyone else seems to be having such a swell time. You arent. You keep asking yourself, Whats wrong with me? Try not to think that way. So much of our misery grows out of the gap between where we are and where we think we ought to be, says Cook. So stop worrying about how you feel relative to other people. Stop assuming that yourself,
supposed to be happy just because the calendar says its June. Instead, concentrate on whats triggering your summer depression and how you can overcome it. Treatments do work, says Cook. Psychotherapy or medication can blunt the effects of a seasonal depression. Summers really dont have to be so bad. Share copy and redistribute the material in
any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The license terms. Attribution You must give appropriate credit, provide a link to the license, and indicate if changes were made. You
may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally
restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitsions necessary for your intended use. For example, other
rights such as publicity, privacy, or moral rights may limit how you use the material. The summertime is often associated with joy, freedom and a sense of ease. The birds are chirping, the sun is shining and everyones enjoying the great outdoors. But what happens when your mood doesnt match your surroundings? Youre not alone. Seasonal affective
disorder (SAD) can, in fact, happen in the warmer months, not just during the gloomy winter. Clinical psychologist Adam Borland, PsyD, explains why we sometimes get sad in the summer? In short, yes. Sometimes referred to as the summer time blues, this type of seasonal
affective disorder often is triggered by the warmer months of the year, as opposed to cold weather. First, a little refresher on SAD: This condition is a type of depression thats specifically affected by seasonal changes. During the winter months, this is triggered by the shift into gloomy weather and dropping temperatures. We know that sunshine helps
to regulate the serotonin level in our bodies and a decrease in serotonin during the winter months can result in lower mood, explains Dr. Borland. But wait youre probably feeling confused at this point. If the summer comes with more sunshine, shouldn't we automatically feel upbeat and happy? Not always. Its less prevalent than winter depression, he
notes. But seasonal depression during the summer is linked to feelings of irritability and frustration. It can result in insomnia, lack of energy and motivation. Signs and symptoms of SAD in the summerIn a lot of ways, some of the symptoms youll see from summer seasonal depression are actually the opposite of what you would experience in the
winter. For example, during the cold months, your SAD may cause you to have an increased appetite, while during the summer, youll lose your appetite. Headaches or migraines. Feelings of irritation. Lack of motivation to go out and do anything. Especially if you
start feeling these symptoms in the early summer or right around the time when the weather is shifting into higher temperatures, theres a good chance theyre being triggered by the change in season. As Dr. Borland points out about winter seasonal depression, this feeling could simply be a temporary bout of summer blues or it could be a recurring
set of symptoms that come back every year. If youre unsure about which one it is, reach out to a healthcare provider or mental health professional. Why does this happen? According to the National Institute of Mental Health professional. Why does this happen? According to the National Institute of Mental Health professional. Why does this happen? According to the National Institute of Mental Health (NIMH), winter seasonal affective disorder is more common and theres still a good amount of research left to be done on
summer seasonal affective disorder. But here what we know so far. Its due to a combination of physiological and environmental issues, states Dr. Borland. Here are some reasons as to why we think that summer seasonal depression happens: You feel drained by the heat If you've ever been stuck in your house with no air conditioning, you know how fast
your mood can shift. Just like the extreme cold can have a negative effect on your mood and cause seasonal depression, so can the extreme heat. In general, our bodies may respond negatively due to the heat and humidity, leading to feeling fatigued and exhausted. Suddenly, things like going on a walk or running errands may take more energy out of
you when its 80+ degrees outside. Change in your night and day routine that may happen in the summer can bring forth a lot of freedom and the possibility for different activities, this can also bring on stress. The first routine
change is due to the length of days: As the sun goes down later, it can cause you to go to bed later than usual. This can sometimes throw your whole daily routine out of whack and lead to feelings of being overwhelmed and tired. In addition, the summer comes with changes in school and work routines. For example, if youre a parent and your kids are
out for the summer, now youre trying to balance working and taking care of kids. That can affect mood and stress and anxiety for some people, acknowledges Dr. Borland. You feel pressure to always to have fun There might also be a sense of pressure to feel happier because its summer, Dr. Borland continues. Cue the FOMO (fear of missing out).
Sometimes, seeing everyone else having fun through social media can make you feel negative about not doing enough to enjoy the summer. This can lead to social anxiety about actual physical appearance and, therefore, are avoidant of certain activities, he
adds. Allergies If you live with seasonal allergies, you know that this time of year can have its rough patches. Dr. Borland says that warmer months, it may lead to inflammation in our bodies, which has
been linked to depression, he explains. Who does it affect? Theres some research being done on whos more likely to experience seasonal affective disorder in the summer. Some research has explored the possibility that people living closer to the equator may experience summer SAD more than people living in cooler areas. Generally speaking, SAD
affects women more often than men, though researchers arent sure why. Its also more common in young adults and in people who have another mood disorder, such as depressive disorder or bipolar disorder or bipolar disorder. Overall, Dr. Borland says its important to keep your healthcare provider up to date about your symptoms and any past health issues youve had
or are currently living with. Tips to treat summer depressionIn the meantime, if you live with seasonal affective disorder in the summer or are just experiencing some summertime blues, here are some tips on how to help manage your symptoms: Keep a good routineFrom the moment you get up from bed, to when your head hits the pillow, your routineGrown to help manage your symptoms.
impacts you a lot. And oftentimes, during the summertime, these routines get flipped upside down. Dr. Borland highly recommends trying to keep a consistent routine as best as you can. Your day-to-day may vary a bit in terms of activities, vacations or other summer projects, but try to keep certain things predictable, such as your morning and
bedtime routine. Keep a mood journal Especially with how busy the summertime can be, it can be hard to stop and reflect on what were feeling. Dr. Borland suggests jotting down your feelings and giving yourself time to be aware of any symptoms or changes in the mood youre starting to feel during the summertime. This can be a good mindfulness
practice, as well help wash away any anxiety or feeling of being overwhelmed that may be triggered during the summertime. Stay coolYes, sunshine can give you a boost of happiness but too much of it can do the opposite. Its all about keeping a balance. Especially if temperatures are high and humid, Dr. Borland recommends avoiding being outside
for too long. Get to know your threshold so that when you start to feel yourself. When to seek helpThere may come a point when you start to realize that a poor summer mood may be a sign of something more serious. While it can be hard to
pinpoint, Dr. Borland says its important to be honest with yourself and ask the question: Are you recognizing a significant change in your mood or your anxiety level? This means, taking into account if your estarting to feel your
depression get worse or go on for longer than usual, talk to a healthcare provider who can help you coordinate the right treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options. I think its also important for people to realize that its not a weakness to pursue treatment options.
symptoms for some people. Tim Parker/Getty ImagesSeasonal affective disorder (SAD) is often correlated with winter months, but it can also occur in the summertime. Symptoms of summer SAD. While summertime is often
thought of as cheerful and bright with the ability to uplift peoples moods, the effects of seasonal affective disorder (SAD) can still occur during the sunniest months. SAD is a mood disorder in which depression occurs at the same time every year. The condition is most connected to times of year like winter when there is less sunlight. The term is used
by the general public to describe the clinical term Major Depression with a Seasonal Pattern (MDSP), said Deborah Serani, PsyD, author of Living with Depression and professor at Adelphi University in New York. Sometimes summer seasonal affective disorder is called reverse SAD, because most individuals experience SAD in the winter months,
Serani told Healthline. Its long known that seasonal patterns are frequently responsible for mental health issues, and more research is being done to understand the body clock or circadian rhythm can be disrupted during seasonal shifts, which
interfere with neurochemistry like serotonin that worsens depression symptoms. Serani said that sunlight is also required for the production of melatonin (summer SAD) or too much melatonin (s
Miccio, CEO of the mental health organization People USA, noted that research shows too much sunlight, excessive heat and humidity, and personal views of body image can contribute to depression. An investigation published in an article in JAMA Psychiatry found that emergency department (ED) visits were eight percent higher on hot days
compared to cooler days during the summer and that there was an association between elevated ambient temperature and ED visits for any mental health condition and for specific mental health ciagnoses. The authors noted that they saw increases in rates for visits regarding stress, anxiety, schizophrenia, substance use disorder, mood disorders.
self-harm, and more. There are bits of research that look into the effect of extreme heat and how it may escalate symptoms of depression, however that extreme heat can escalate agitation as well; however, there are too many human factors that need to be researched to show definitive proof that
extreme heat is the main contributing factor when people are experiencing SAD, Miccio told Healthline. Additionally, Serani noted that climate change has been shown to be a significant risk factor for the onset of a variety of mental health issues like depression, bipolar disorder, post-traumatic stress disorder (PTSD), and more. While general
symptoms of depression include irritability, sadness, mood changes, concentration difficulties, sleeping too much or too little, physical aches and pains, appetite changes, anxiety or restlessness, one study which looked at the differences between winter and summer SAD found that the symptoms differ. While both types of SAD brought on sad moods
and a reduction in feelings of pleasure, each had opposing symptoms. For instance: With summer depression, people were more likely to experience decreased appetite and insomnia. They may also experience restlessness, agitation, anxiety, and episodes of violent behavior, according to the NIMH. More research is needed to fully understand the
differences and to understand summer SAD more thoroughly. Its important to know that in order to make the criteria for SAD diagnosis, depressive symptoms must re-occur for two consecutive years when the season starts again, explained
Serani. While Mental Health America reports that in a given year, about 5 percent of the U.S. population experiences seasonal depression, with the typical age of onset occurring between 20 and 30 years of age, there is not much data specifically for summer SAD. Treatment for SAD includes the following. A qualified mental health professional can
help you determine which is best for you. Limiting exposure to natural daylight (no more than 13 hours per day)staying cool with air conditioning, especially at nightPsychotherapyAntidepressant medicationsIn addition to treatment, the following may help you manage symptoms of SAD. Acknowledging that SAD can occur in the summertime, can
eliminate the stigma around getting help. It will pass if you take action that can help lift you up, said Miccio. For summer SAD, Serani said most individuals report needing to soften the intensity of the summer from its heat, humidity, and overabundance of sunlight. Consider finding a quiet room and drawing the shades. Use a fan or if you have AC
crank it up to cool your body, she said. While sleep is important, keep to a schedule so you dont find yourself sleeping too much or too little. If you can take a nap to catch up on lost Zs, make sure they dont interfere with your night time rest, Serani said. While getting motivated to exercise can be a difficult task when experiencing SAD, Miccio
suggested making it routine to get outside once a day for a walk to help relieve symptoms. Going early in the morning or later at night when the sun isnt as strong can help offset the heat.[Plus], even with any mental health disorder
requires being mindful of your triggers. Understand how the seasonal patterns press on your feelings, emotions, and moods and what triggers them throughout the day is a good place to start. If you find it difficult to navigate changes in light and temperature, Serani said studies show that adding medication
before the season begins and ending it shortly after can offer the needed neurochemistry for balance and to get through the season. Under the direction of a mental health professional, Serani said that managing mild SAD or seasonal patterns of depression can be done with Aromatherapy Eating lean protein and complex carbs Using binaural beat or
theta music for sleepSound therapy to offset irritabilityOther types of complementary therapiesWhile talking with a trusted friend or family member can be healing, if you find yourself having difficulty coping with the seasonal changes, contact a mental health therapist that specializes in mood disorders. Summer is a time of year most people associate
lazy days of summer can be challenging to get through. Most of us have heard of seasonal affective disorder and associate it with the long winter months when reduced levels and quality of sunlight can negatively impact sufferers in many ways and result in troubling symptoms like low moods, cravings for comfort foods, and associate it with the long winter months when reduced levels and quality of sunlight can negatively impact sufferers in many ways and result in troubling symptoms like low moods, cravings for comfort foods, and associate it with the long winter months when reduced levels and quality of sunlight can negatively impact sufferers in many ways and result in troubling symptoms like low moods, cravings for comfort foods, and associate it with the long winter months when reduced levels and quality of sunlight can negatively impact sufferers in many ways and result in troubling symptoms like low moods, cravings for comfort foods, and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels and associate it with the long winter months when reduced levels are months when reduced levels and associate it with the long winter months when reduced levels are months when reduced levels a
lethargy. A minority of sufferers with more severe symptoms can experience a deep, debilitating depression. These symptoms with the change of the season, a far less common but just as serious though lesser-known and understood
form of seasonal affective disorder, summer SAD approaches. Shining a Light on Summer-Pattern SAD symptoms appear from the late spring to early summer, persisting through the summer months, and declining as the
temperatures drop in the fall. Less common, less known, and lesser researched, the symptoms of summer-pattern SAD differ from winter-pattern SAD and include changes in appetite resulting in weight loss, increased anxiety, irritability, and trouble sleeping. Those who struggle with more intense and severe symptoms experience significant distress
and interruptions to daily routines. They struggle to manage their daily life tasks and responsibilities and are at increased risk of violent behaviors and humidity (a 2016 study links rising ambient temperatures to reduced emotional well-being
to high pollen counts, the rise of seasonal allergies negatively impacting moods, and disruptions in daily life and social interactions that the summer brings. Summer-pattern SAD is also linked to a decrease in melatonin, which can adversely impact sleep patterns. Added Social PressureAdd to these factors, those struggling with symptoms during the
summer months may also feel a sense of lowered self-esteem due to body image issues. For many people, socializing at the beach or around a pool can be very distressing. Add to this the physical discomforts many people experience in extreme heat and are uncomfortable and self-conscious in lighter, more revealing clothing. Increased socializing is
often accompanied by a rise in financial stress due to the cost of travel and social activities. Understanding and Managing Summer-Pattern SADIt is important that we stay tuned into how we are feeling. Our symptoms, including negative thoughts, low moods, sleep struggles, and our loss of interest or ability to manage our life tasks and
responsibilities, are troubling symptoms that need to be addressed with compassion, self-care, and seeking help when they become unmanageable. If you struggle with symptoms of summer-pattern SAD, take care and take action. 7 Strategies to Help Combat Summer SAD1. Stay cool: Think strategically about how you can stay cool and comfortable
especially during days of extreme heat. 2. Know your limits: Decline invitations to events where you will be uncomfortable and stressed. Socializing during the evening may be less stressful and distressing, as temperatures tendes, and settings where you will feel uncomfortable and stressed.
to drop when the sun goes down. 3. Create a schedule that works for you: Schedule your life maintenance tasks and set routines for yourself. This can help manage anxiety and equip you to deal with disruptions and challenges. 4. Prioritize sleep: Practice good sleep hygiene, which includes winding down and limiting your exposure to screens in the
hours before bedtime. Sleep is where we relax and repair from the wear and tear of the day, so prioritizing sleep is key to our well-being. 5. Eat well: Even if you have no interest in heating during the hot summer months, do your best to eat a balanced, nutrient-rich, healthy diet.6. Stay active and proactive: If you find it too hot to exercise outdoors,
join a gym or go for a brisk walk when the sun goes down. Be proactive. Make plans to get together with people who love and support you. Think of settings where you will be comfortable and where you can enjoy spending time with others. 7. Seek help: Pay attention to your symptoms. If you feel especially down in the summer, acknowledge those
feelings and seek medical help. Support and help, including medication and evidence-based psychotherapy such as cognitive behavior therapy, can help you cope with summer SAD. The summertime is often associated with joy, freedom and a sense of ease. The birds are chirping, the sun is shining and everyones enjoying the great outdoors. But what
happens when your mood doesnt match your surroundings?Youre not alone. Seasonal affective disorder (SAD) can, in fact, happen in the warmer months, not just during the gloomy winter. Clinical psychologist Adam Borland, PsyD, explains why we sometimes get sad in the summer and how to manage it. Is it possible to get seasonal depression in the
summer?In short, yes. Sometimes referred to as the summertime blues, this type of seasonal affective disorder often is triggered by the warmer months of the year, as opposed to cold weather. First, a little refresher on SAD: This condition is a type of depression thats specifically affected by seasonal changes. During the winter months, this is
triggered by the shift into gloomy weather and dropping temperatures. We know that sunshine helps to regulate the serotonin level in our bodies and a decrease in serotonin during the winter months can result in lower mood, explains Dr. Borland. But wait youre probably feeling confused at this point. If the summer comes with more sunshine,
shouldnt we automatically feel upbeat and happy? Not always. Its less prevalent than winter depression, he notes. But seasonal depression during the summer is linked to feelings of irritability and frustration. It can result in insomnia, lack of energy and motivation. Signs and symptoms of SAD in the summerIn a lot of ways, some of the symptoms you!
see from summer seasonal depression are actually the opposite of what you would experience in the winter. For example, during the summer, youll lose your appetite. Other symptoms of summer SAD include: Anxiety. Insomnia. Restlessness. Lack of
appetite. Headaches or migraines. Feelings of irritation. Lack of motivation to go out and do anything. Especially if you start feeling these symptoms in the early summer or right around the time when the weather is shifting into higher temperatures, theres a good chance theyre being triggered by the change in season. As Dr. Borland points out about
winter seasonal depression, this feeling could simply be a temporary bout of summer blues or it could be a recurring set of symptoms that come back every year. If youre unsure about which one it is, reach out to a healthcare provider or mental health (NIMH),
winter seasonal affective disorder is more common and theres still a good amount of research left to be done on summer seasonal affective disorder. But heres what we know so far. Its due to a combination of physiological and environmental issues, states Dr. Borland. Here are some reasons as to why we think that summer seasonal depression
happens:You feel drained by the heatIf youve ever been stuck in your house with no air conditioning, you know how fast your mood can shift. Just like the extreme heat.In general, our bodies may respond negatively due to the heat and humidity, leading to
feeling fatigued and exhausted. Suddenly, things like going on a walk or running errands may take more energy out of you when its 80+ degrees outside. Change in routine that may happen in the warmer months. While the summer can
bring forth a lot of freedom and the possibility for different activities, this can also bring on stress. The first routine change is due to the length of days: As the sun goes down later, it can cause you to go to bed later than usual. This can sometimes throw your whole daily routine out of whack and lead to feelings of being overwhelmed and tired. In
addition, the summer comes with changes in school and work routines. For example, if youre a parent and your kids are out for the summer, now youre trying to balance working and taking care of kids. That can affect mood and stress and anxiety for some people, acknowledges Dr. Borland. You feel pressure to always to have funThere might also be
sense of pressure to feel happier because its summer, Dr. Borland continues. Cue the FOMO (fear of missing out). Sometimes, seeing everyone else having fun through social anxiety and then feeling anxious about your social anxiety. Some people also
express anxiety about actual physical appearance and, therefore, are avoidant of certain activities, he adds. Allergies you live with seasonal allergies, you know that this time of year can have its rough patches. Dr. Borland says that warmer months coincide with a higher rate of pollen which can make your allergies worse, among other things. Because
the pollen increases during the warmer months, it may lead to inflammation in our bodies, which has been linked to depression, he explains. Who does it affect? Theres some research has explored the possibility that people living closer to the
equator may experience summer SAD more than people living in cooler areas. Generally speaking, SAD affects women more often than men, though researchers arent sure why. Its also more common in young adults and in people who have another mood disorder, such as depressive disorder or bipolar disorder. Overall, Dr. Borland says its important
to keep your healthcare provider up to date about your symptoms and any past health issues youve had or are currently living with. Tips to treat summer or are just experiencing some summertime blues, here are some tips on how to help manage your
symptoms: Keep a good routine From the moment you get up from bed, to when your head hits the pillow, your routine impacts you a lot. And oftentimes, during the summertime, these routines get flipped upside down. Dr. Borland highly recommends trying to keep a consistent routine as best as you can. Your day-to-day may vary a bit in terms of
activities, vacations or other summer projects, but try to keep certain things predictable, such as your morning and bedtime routine. Keep a mood journalEspecially with how busy the summertime can be, it can be hard to stop and reflect on what were feeling. Dr. Borland suggests jotting down your feelings and giving yourself time to be aware of any
symptoms or changes in the mood youre starting to feel during the summertime. This can be a good mindfulness practice, as well help wash away any anxiety or feeling of being overwhelmed that may be triggered during the summertime. Stay coolYes, sunshine can give you a boost of happiness but too much of it can do the opposite. Its all about
keeping a balance. Especially if temperatures are high and humid, Dr. Borland recommends avoiding being outside for too long. Get to know your threshold so that when you start to feel yourself. When to seek helpThere may come a point
when you start to realize that a poor summer mood may be a sign of something more serious. While it can be hard to pinpoint, Dr. Borland says its important to be honest with yourself and ask the question: Are you recognizing a significant change in your mood or your anxiety level? This means, taking into account if your summer blues are starting to
affect your day-to-day functioning related to your work, family or personal relationships. If youre starting to feel your depression get worse or go on for longer than usual, talk to a healthcare provider who can help you coordinate the right treatment options. I think its also important for people to realize that its not a weakness to pursue treatment
options, reassures Dr. Borland. Do you find yourself experiencing a loss of energy and a sense of sadness during certain times of the year? You may have seasonal affective disorder is a relatively common condition, particularly in northern climates when fall and winter seasons significantly shorten the hours of sunlight per loss of energy and a sense of sadness during certain times of the year? You may have seasonal affective disorder is a relatively common condition, particularly in northern climates when fall and winter seasons significantly shorten the hours of sunlight per loss of energy and a sense of sadness during certain times of the year? You may have seasonal affective disorder is a relatively common condition, particularly in northern climates when fall and winter seasons significantly shorten the hours of sunlight per loss of energy and a sense of sadness during the per loss of energy and a sense of sadness during the hours of sunlight per loss of energy and a sense of sadness during the hours of sunlight per loss of energy and a sense of sadness during the hours of sunlight per loss of energy and a sense of sadness during the hours of sadness duri
day. Facts about seasonal affective disorderinclude: There are two types of seasonal depression: winter onset and summer onsetReduction in exposure to sunlightis the primary cause of the condition, resulting in decreased serotonin levels.
patternsSeasonal depression often impacts appetite and results in weight gain due to cravings for carbohydrates As one might expect, seasonal affective disorder prevalenceis higher in northern climates and largely depends on ones proximity to the equator. The farther an area is from the equator, the less sunlight they are apt to get during fall and
winter months. Compared to 1% of Floridians,9% of those who live in New England or Alaska experience seasonal depression. Risk factors for seasonal depression than men, at a 3 to 1 ratio. People who experience this condition usually begin to
notice it in their early 20s, and it often runs in families, suggesting agenetic component to seasonal affective disorder according to DSM-5 is known as depression with a seasonal pattern. A licensed
mental health professional can diagnose the condition, which is determined by meeting the criteria include: Depressive symptoms (sadness, tearfulness, loss of energy, agitation, sleep issues, fatigue) that correspond with a particular time of year (i.e., fall or winter) Symptoms disappear when the
season ends (season changes to spring or summer)Seasonal depressive experiences than non-seasonal depressive experience
condition and generally do not co-occur. One can have a diagnosis of depression is not. Other conditions can co-occur with seasonal depression, such as anxiety or substance
use disorder. Whenseasonal affective disorder and anxietyco-occur, it can result in avoidant behaviors and withdrawal from others. Seasonal depression that isself-medicated with substance use disorder is less likely to remit
during the spring and summer months, increasing the likelihood of a long-term condition. Onestudy foundthat seasonal affective disorder and binge eating. Seasonal affective disorder treatment condition. Onestudy foundthat seasonal affective disorder and binge eating. Seasonal affective disorder treatment modalities
include light therapy, talk therapy and medication. Lifestyle changes are also recommended during seasonal depressive episodes, including increased exercise, spending time outside and eating healthy, well-balanced meals. Are you struggling with seasonal depression and a co-occurring substance use condition? Help is available. Reach outto The
Recovery Village for more information about how our services may help you. ,the free encyclopedia that anyone can edit.107,583 active editors 7,024,872 articles in EnglishSite map of Great Wilbraham in Cambridgeshire, England. The
enclosure is about 170 metres (560 ft) across, and covers about 2 hectares (4.9 acres). Causewayed enclosures were built in England from before 3700BC until c.3500BC; they are characterized by the enclosure of an area with ditches that are interrupted by gaps, or causewaye. Their purpose is not known; they may have been settlements, meeting
places, or ritual sites. The Great Wilbraham enclosure was first identified from aerial photographs in 1972. An excavation was begun in 1975 by David Clarke, with a planned five-year research programme, but he died in 1976 and his results remained unpublished. His archive of finds and records was reanalysed in the 2000s. The site was rich in finds and records was reanalysed in the 2000s.
including Neolithic flint, pottery from periods from the Neolithic to the present day, and animal bone. The site has been protected as a scheduled monument since 1976. (Fullarticle...)Recently featured: Henry de HinuberHurricane Claudette (2003)Trinity (nuclear test)ArchiveBy emailMore featured articlesAboutEnnis House... that the Ennis House
(pictured) was variously characterized as "a mausoleum, fortress, Tibetan monument, Mayan temple, and palace"?... that, in 12th-century Igodomigodo, King Ohuede proposed allowing women to inherit the throne in the absence of male heirs?... that, one Japanese bullet train service once skipped the cities of Nagoya and Kyoto?... that, when five
consecutive Ranger spacecraft failed, Harris Schurmeier was put in charge with a mandate to transform the program?... that Prescott Currier was one of the first Americans to visit the British code-breaking centre
at Bletchley Park?... that Elyn Saks's memoir about her life with schizophrenia won her a "Genius Grant"?... that the subculture of Aristasia combined Gunonian Traditionalism with lesbian separatism?... that fencer Bernardo de la Guardia was a competitor and a judge at the same Olympic Games? Archive Start a new article Nominate an
articleMuhammadu BuhariFormer president of Nigeria Muhammadu Buhari (pictured) dies at the age of 82. Clashes between Druze militias and the Syrian Armed Forces result in hundreds of deaths. The International Criminal Court issues arrest warrants for Taliban leaders Hibatullah Akhundzada and Abdul Hakim Haqqani over their alleged
persecution of women in Afghanistan. Flooding in Central Texas, United States, leaves at least 140 people dead. Ongoing: Gaza warRussian invasion of Ukrainetimeline Sudanese civil wartimeline Recent deaths: Felix Baumgartner Fauja Singh Bradley John Murdoch Frank Barrie Ihor Poklad Glen Michael Nominate an article July 19 Detail from The Day the
 Earth Smiled, with Earth as a pale dot between Saturn's rings1845 A fire in Manhattan, New York, destroyed 345 buildings, killed 30 people, and caused at least $5million in damage.1903 French cyclist Maurice Garin won the first edition of the First World War, English
ex-servicemen unhappy with unemployment and other grievances rioted and burned down Luton Town Hall.1997 The Provisional Irish Republican Army announced that it would resume its ceasefire, ending its 28-year campaign against British rule in Northern Ireland.2013 The NASA spacecraft Cassini took a photograph of Saturn with
Earth in the distance (detail pictured), for which people were invited to "wave at Saturn". Margaret Fuller (d.1850) Nicola Sturgeon (b.1970) Christopher Luxon (b.1970) Janusz Zajdel (d.1985) More anniversaries: July 18 July 19 July 20 Archive By email List of days of the year About The passion fruit is the fruit of a number of plants in the genus Passiflora.
They are round or oval, and range from a width of 1.5 to 3 inches (3.8 to 7.6 centimetres). The fruits have a juicy, edible center composed of a large number of seeds. They are native to subtropical regions of South America from southern Brazil through Paraguay to northern Argentina. This photograph shows two passion fruits of the species Passiflora
edulis, one whole and one halved. The picture was focus-stacked from 22 separate images. Photograph credit: Ivar LeidusRecently featured: Basilica of StPaul, RabatClouded ApolloAnne of ClevesArchiveMore featured picturesCommunity portal The central hub for editors, with resources, links, tasks, and announcements. Village pump Forum for
discussions about Wikipedia itself, including policies and technical issues. Site news Sources of news about wikipedia and the broader Wikipedia and the broader Wikipedia and the broader Wikipedia. Reference desk Ask research questions about encyclopedic
topics. Content portals A unique way to navigate the encyclopedia. Wikipedia is written by volunteer editors and hosted by the Wikimedia Foundation, a non-profit organization that also hosts a range of other volunteer projects: CommonsFree media repository MediaWikiWiki software development Meta-WikiWikimedia project coordination
WikibooksFree textbooks and manuals WikidataFree knowledge base WikinewsFree-content news WikiquoteCollection of quotations WikisourceFree-content library WikispeciesDirectory of species WikiversityFree learning tools WikivoyageFree travel guide WiktionaryDictionary and thesaurusThis Wikipedia is written in English. Many other
Wikipedias are available; some of the largest are listed below. 1,000,000+ articles DeutschEspaolFranaisItalianoNederlandsPolskiPortugusSvenskaTing Vit 250,000+ articles Bahasa IndonesiaBahasa MelayuBn-lm-gCataletinaDanskEestiEsperantoEuskaraMagyarNorsk bokmlRomnSimple EnglishSloveninaSrpskiSrpskohrvatskiSuomiTrkeOzbekcha
50,000+ articles AsturianuAzrbaycancaBosanskiFryskGaeilgeGalegoHrvatskiKurdLatvieuLietuviNorsk nynorskShqipSloveninaRetrieved from 2Calendar yearYearsMillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2ndmillennium2
ruined in Ireland, starting the Great Famine. March 1: U.S. annexes territory of the Republic of Texas. 1845 by topicHumanitiesArchaeologyArchitectureArtLiteraturePoetryMusicBy countryAustraliaBelgiumBrazilCanadaChinaDenmarkFranceGermanyNetherlandsNew ZealandNorwayRussiaSouth AfricaSwedenUnited KingdomUnited StatesOther
topicsRail transportScienceSportsLists of leadersSovereign state leadersSovereign state leadersEstablishments and disestablishments categoriesEstablishments and disestablishments and disease a
condita2598Armenian calendar1294 Assyrian calendar1294 Assyrian calendar12511252Berber cale
calendar Gregorian minus 12 days Korean calendar 4178 Minguo calendar 41
Wednesday of the Gregorian calendar and a common year starting on Monday of the Julian calendar, the 1845th year of the 2ndmillennium, the 45th year of the 19thcentury, and the 6th year of the 2ndmillennium, the 45th year of the 2ndmillennium, th
ahead of the Julian calendar, which remained in localized use until 1923. Calendar year January 1 The Philippines began reckoning Asian dates by GovernorGeneral Narciso Claveria on August 16, 1844, in order to align the
local calendars in the country with the rest of Asia as trade interests with Imperial China, Dutch East Indies and neighboring countries increased, after Mexico became independent in 1821. The reform also applied to Caroline Islands, Marshall Islands, and Palau as part of the Captaincy General of the Philippines.[1] January
10 Elizabeth Barrett receives a love letter from the younger poet Robert Browning; [2] on May 20, they meet for the first Tuesday after the first Monday
in November, January 29 The Raven by Edgar Allan Poe is published for the first time, in the New York Evening Mirror. February 1 Anson Jones, President of the Republic of Texas, signs the charter officially creating Baylor University (the oldest university in the U.S. state of Texas that still operates under its original name). February 7 In the British
Museum, a drunken visitor smashes the Portland Vase, which takes months to repair. February 28 The United States congress approves the annexation of Texas. March 1 President John Tyler signs a bill authorizing the United States to annex the Republic of Texas. March 1 President John Tyler signs a bill authorizing the United States to annex the Republic of Texas.
the future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Kansas, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Colorado and Wyoming. March 11 The New Zealand Wars open to future U.S. state of Texas, as well as portions of New Mexico, Oklahoma, Colorado and Wyoming. March 12 The New Year of Texas, as well as portions of New Mexico, Oklahoma, Colorado and Wyoming. March 12 The New Year of Texas, as well as portions of New Mexico, Oklahoma, Colorado and Colorad
with the Flagstaff War. Chiefs Kawiti and Hne Heke lead 700 Maoris in the burning of the British colonial settlement of Kororareka (modern-day Russell, New Zealand). March 13 The Violin Concerto by Felix Mendelssohn premieres in Leipzig, with Ferdinand David as soloist. March 17 Stephen Perry patents the rubber band, in the United Kingdom
[4]April 7 An earthquake destroys part of Mexico City, along with the nearby towns of Tlalpan and Xochimilco. April 10 The Great Fire of Pittsburgh destroys much of the American city of Pittsburgh destroys much destroy 
 mostly children.[5]May 19 HMS Erebus and HMS Terror, with 134 men, comprising Sir John Franklin's expedition to find the Northwest Passage, sail from Greenhithe on the Thames. They will last be seen in the summer, entering Baffin Bay.[6]May 25 A theater fire in Canton, China, kills 1,670.May 30 Fatel Razack (Fath Al Razack, 'Victory of Allah
the Provider', Arabic: ) is the first ship to bring indentured labourers from India to Trinidad and Tobago, landing in the Gulf of Paria with 227 immigrants.[7]May Frederick Douglass, an American Slave is published by the Boston Anti-Slavery Society. June 8 Former U.S. President Andrew
Jackson, 78, dies at The Hermitage (Nashville, Tennessee). July 26 August 10 Isambard Kingdom Brunel's iron steamship Great Britain makes the transatlantic crossing from Liverpool to New York, the first screw propelled vessel to make the passage. [8][9]July 28 HMS Terror and HMS Erebus of the Franklin Expedition go missing in the Davis Strait
west of Greenland, while searching for the Northwest Passage. August 4 British emigrant barque Cataraqui is wrecked on King Island (Tasmania) with 400 people killed and only 9 survivors. [10] August 9 The Aberdeen Act is passed by the Parliament of the United Kingdom, empowering the British Royal Navy to search Brazilian ships, as part of the
abolition of the slave trade from Africa. August 19 A tornado kills 200 people in France at Montville while destroying two large factories. The first issue of Scientific American August 19 A tornado kills 200 people in France at Montville while destroying two large factories. The first issue of Scientific American August 19 A tornado kills 200 people in France at Montville while destroying two large factories. The first issue of Scientific American August 28 The journal Scientific American August 28 The journal Scientific American August 28 The journal Scientific American August 29 The journal August 29 The journal Scientific American August 29 The journal August 29 The j
French blockade of the Ro de la Plata is formally declared. September 25 The Phi Alpha Literary Society is founded, in Jacksonville, Illinois. October 9 The eminent and controversial Anglican, John Henry Newman, is received into the Roman Catholic Church. October 10 In Annapolis, Maryland, the Naval School (later renamed the United States Naval
Academy) opens with 50 midshipmen and seven professors. October 13 A majority of voters in the Republic of Texas a U.S. state. October 19 Richard Wagner's opera Tannhuser debuts at the Dresden Royal Court Theater. October 21 The New York Herald
becomes the first newspaper to mention the game of baseball. November 20 Anglo-French blockade of the Ro de la Plata Battle of Vuelta de Obligado: The Argentina confederation is narrowly defeated by an Anglo-French fleet on the waters of the Paran River, but the victors suffer serious damage to their ships, and Argentina attracts political support
in South America. December 2 Manifest destiny: U.S. President James K. Polk announces to Congress that the Monroe Doctrine should be strictly enforced, and that the United States should aggressively expand into the West. December 11 First Anglo-Sikh War: Sikh army crosses the Sutlej in the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses the Sutlej in the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses the Sutlej in the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses the Sutlej in the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses the Sutlej in the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh army crosses) and the Punjab. December 2223 Battle of Ferozeshah (Anglo-Sikh War: Sikh W
Sikh War): East India Company forces are victorious over those of the Sikh Empire. December 27Anesthesia is used for childbirth for the first time, by Dr. Crawford Long in Jefferson, Georgia. American newspaper editor John L. O'Sullivan claims (in connection with the annexation of the Oregon Country) in The United States Magazine and Democratic
Review that the United States should be allowed "the fulfillment of our manifest destiny to overspread the continent allotted by Providence for the free development of our yearly multiplying millions". It is the second time he uses the term manifest destiny (first in connection with the Republic of Texas in July August), and it will have a huge influence
on American imperialism in the following century. December 29 Texas is admitted as the 28th U.S. state. [13] December 30 Queen's Colleges of Belfast, Cork, and Galway are incorporated in Ireland. The Republic of Yucatn separates from Mexico for a second time. Ephraim Bee reveals that the Emperor of China has given him a special dispensation: that
he has entrusted him with certain sacred and mysterious rituals through Caleb Cushing, the U.S. Commissioner to China, to "extend the work and influence of the Ancient and Honorable Order of E Clampus Vitus" in the New World.[14]Friedrich Engels' treatise The Condition of the Working Class in England is published in Leipzig as Die Lage der
arbeitenden Klasse in England. Heinrich Hoffmann publishes a book (Lustige Geschichten und drollige Bilder), introducing his character, Struwwelpeter, in Germany. The Ancient and Accepted Rite for England and Wales and its Districts and Chapters Overseas is founded[vague] in Freemasonry. Eugnie Luce founds the Luce Ben Aben School in
Algiers.[15]George ReidGeorg CantorAlexander III of RussiaWilhelm Conrad RutgenGustaf de LavalJanuary 7 King Ludwig III of Bavaria (d. 1918)February 14 Quintin Hogg, British philanthropist (d. 1903)February 15 Elihu Root,
American statesman, diplomat, recipient of the Nobel Peace Prize (d. 1937)February 25 Sir George Reid, 4th Prime Minister of Australia (d. 1918)March 3 George Reid, 4th Prime Minister of Australia (d. 1918)March 5 Gerard Noel, British admiral (d. 1918)[16]March 10 Emperor Alexander III of
Russia (d. 1894)March 20 Victor Child Villiers, 7th Earl of Jersey, 18th Governor of New South Wales (d. 1915)March 27 Wilhelm Rntgen, German physicist, Nobel Prize laureate (d. 1923)April 4 Frantiek Plesniv, Austro-Hungarian architect (d. 1918)April 5 Jules Cambon, French diplomat (d. 1935)April 22 Carlo Caneva, Italian general (d. 1922)April 6 Jules Cambon, French diplomat (d. 1935)April 27 Carlo Caneva, Italian general (d. 1922)April 7 Jules Cambon, French diplomat (d. 1935)April 7 Jules Cambon, French diplomat (d. 1935)April 7 Jules Cambon, French diplomat (d. 1935)April 8 Jules Cambon, French diplomat (d. 1935)April 7 Jules Cambon, French diplomat (d. 1935)April 8 Jules
24 Carl Spitteler, Swiss writer, Nobel Prize laureate (d. 1924)May 4 William Kingdon Clifford, English mathematician, philosopher (d. 1879)May 12 Gabriel Faur, French composer (d. 1924)May 14 Charles J. Train, American admiral (d. 1906)May 15 lie Metchnikoff, Russian microbiologist,
recipient of the Nobel Prize in Physiology or Medicine (d. 1916)May 17 Jacint Verdaguer, Catalan poet (d. 1902)May 25 Eugne Grasset, Swiss-born artist (d. 1917)May 30 King Amadeo I of Spain (d. 1890)May 31 R. E. B. Crompton, British electrical engineer, industrialist and inventor (d. 1940)June 7 Leopold Auer, Hungarian violinist, composer (d.
1930)June 18 Charles Louis Alphonse Laveran, French physician, recipient of the Nobel Prize in Physiclogy or Medicine (d. 1922)June 22 Richard Seddon, 15th Prime Minister of New Zealand (d. 1905)July 19 Horatio Nelson Young, American naval hero (d. 1913)August 9 Andr
Bessette, Canadian religious leader and saint (d. 1937) August 10 Abai Qunanbaiuly, Kazakh poet (d. 1904) August 10 Abai Qunanbaiuly, Kazakh poet (d. 1934) August 20 Albert
Chmielowski, Polish painter, Roman Catholic religious professed and saint (d. 1916) August 21 William Healey Dall, American naturalist, biologist and explorer (d. 1927) August 25 King Ludwig II of Bavaria (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British field marshal (d. 1932) September 1 Paul Methuen, British
admiral (d. 1928)September 11 Emile Baudot, French telegraph engineer and inventor (d. 1903)October 13 Charles Stockton, American admiral (d. 1929)November 4 Vasudev Balwant Phadke, Indian revolutionary (d. 1912)November 3 Inoue Yoshika, Japanese admiral (d. 1929)November 4 Vasudev Balwant Phadke, Indian revolutionary (d. 1912)November 3 Inoue Yoshika, Japanese admiral (d. 1929)November 4 Vasudev Balwant Phadke, Indian revolutionary (d. 1912)November 3 Inoue Yoshika, Japanese admiral (d. 1929)November 4 Vasudev Balwant Phadke, Indian revolutionary (d. 1912)November 3 Inoue Yoshika, Japanese admiral (d. 1924)October 13 Charles Stockton, American admiral (d. 1924)October 14 Vasudev Balwant Phadke, Indian revolutionary (d. 1912)November 3 Inoue Yoshika, Japanese admiral (d. 1924)October 15 Vasudev Balwant Phadke, Indian revolutionary (d. 1912)November 3 Inoue Yoshika, Japanese admiral (d. 191
1883)November 10 Sir John Thompson, 4th Prime Minister of Canada (d. 1894)November 13 Marta Abreu, Cuban philanthropist (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 25 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 26 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 27 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 28 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1909)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1908)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1908)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1908)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1908)November 29 Jos Maria de Ea de Queirs, Portuguese writer (d. 1908)Nov
Benett, British geologist (b. 1776) January 24 Emiliano Madriz, acting Supreme Director of Nicaragua (b. 1800) January 24 Emiliano Madriz, acting Supreme Director of Nicaragua (b. 1812) February 22 William Wellesley-Pole, 3rd Earl of Mornington, British politician (b. 1763) March
Nicols Espinoza, Head of State of El Salvador (b. 1773)March 13 Charles-Guillaume tienne, French playwright (b. 1778)March 18 Johnny Appleseed, American anatomist (b. 1778)March 18 Johnny Appleseed, American anatomist (b. 1773)May 12 Jnos Batsnyi, Hungarian poet (b. 1778)March 18 Johnny Appleseed, American pioneer (b. 1773)May 12 Jnos Batsnyi, Hungarian poet (b. 1778)March 18 Johnny Appleseed, American pioneer (b. 1778)March 18 Johnny Appleseed, American pioneer (b. 1778)May 12 Jnos Batsnyi, Hungarian poet (b. 1778)March 18 Johnny Appleseed, American pioneer (b. 1778)March 18 Johnny Appleseed, American pioneer (b. 1778)March 18 Johnny Appleseed, American pioneer (b. 1778)May 12 Jnos Batsnyi, Hungarian poet (b. 1778)May 12 Jnos Bats
1763) August Wilhelm Schlegel, German poet, translator and critic (b. 1767) May 15 Braulio Carrillo Colina, Costa Rican Head of State (b. 1800) June 8 Andrew Jackson, 7th President of the United States (b. 1767) Charlotte Ann Fillebrown Jerauld July 12 Friedrich Ludwig Persius, German architect
(b. 1803) Henrik Wergeland, Norwegian writer (b. 1808) July 17 Charles Grey, 2nd Earl Grey, Prime Minister of the United Kingdom (b. 1756) August 3 Charlotte Ann Fillebrown Jerauld, American poet and story writer (b. 1820) August 23 Thomas R. Gray, American author
and diplomat (b. 1800)[17][18]Rafael Urdaneta, hero of the Latin American War of Independence (b. 1788)October 12 Elizabeth Fry, British humanitarian (b. 1780)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 Jacques Dominique, comte de Cassini, French astronomer (b. 1748)October 18 J
admiral (b. 1778) November 18 King Aleamotua of Tonga (b. 1738) Wazir Akbar Khan, Afghan prince and general (b. 1816) Hadji Trendafila, Bulgarian educator (b. 1785) "CURRENT PH CALENDAR BEGINS". Facebook. Project Vinta. January 1, 2021. Retrieved April 19, 2023. Jones, Neal T., ed. (1984). A Book of Days for the Literary Year. New
York; London: Thames and Hudson. ISBN0-500-01332-2. Congress overrides presidential veto for first time. history.house.gov Penguin Pocket On This Day. Penguin Pocket On This Day. Penguin Reference Library. 2006. ISBN0-14-102715-0. "The Great Yarmouth Suspension Bridge Disaster May 2nd 1845" (PDF). Broadland Memories. Archived from the original (PDF) on
2011-07-18. Retrieved 2010-10-14. The Hutchinson Factfinder. Helicon. 1999. p.549. ISBN1-85986-000-1. When the British decided they were going to bring Indians to Trinidad this year, most of the traditional British ship owners did not wish to be involved. The ship was originally named Cecrops, but upon delivery was renamed to Fath Al Razack.
The ship left Calcutta on February 16.^ Fox, Stephen (2003). Transatlantic: Samuel Cunard, Isambard Brunel, and the Great Atlantic Steamships. HarperCollins. ISBN 978-0-06-019595-3.^ "Great Britain". The Ships List. Archived from the original on May 28, 2010. Retrieved 2010-10-01.^ "Dreadful Shipwreck! Wreck of the Cataragui Emigrant Ship,
800 tons". Launceston Examiner. 1845-09-17. p.5. Retrieved 2011-08-21. Palmer, Veronica (1992). The Chronology of British History of Ireland. BBC. Retrieved 2012-08-05. Association (TSHA), Texas State Historical. "Timeline:
Annexation and Statehood (18451859)". Texas Almanac. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus". 2010. Archived from the original on July 22, 2011. Retrieved 2025-07-17. "E. Clampus Vitus"
GCB, KCMG". Admirals.org.uk. Retrieved 23 December 2014. Died". Richmond Times-Dispatch. Richmond, Virginia. 28 August 1845. p.2. Retrieved 2 July 2025 via Newspapers.com. Newspapers.com. Universal Retrieved 2 July 2025 via Newspapers.com. Universal Retrieved 2 July 2025 via Newspapers.com. Universal Retrieved 2 July 2025 via Newspapers.com. Newspa
History". Historical Reference Book. New York: D. Appleton and Company. hdl:2027/wu.89097349187 via Hathi Trust. 1845Retrieved from "30ne hundred years, from 1701 to 1800For other uses, see 18th century
(disambiguation). Millennia 2ndmillennium Century 18th ce
of year 1700Storming of the Bastille, 14 July 1789, an iconic event of the French Revolution. Development of the Watt steam engine in the late 18th century was an important element in the Industrial Revolution in Europe. The American Revolution in Europe. The American Revolution in Europe.
the Roman numerals MDCCI) to 31 December 1800 (MDCCC). During the 18th century, elements of Enlightenment thinking culminated in the Atlantic Revolutions. Revolutions began to challenge the legitimacy of monarchical and aristocratic power structures. The Industrial Revolutions began mid-century, leading to radical changes in human society
and the environment. The European colonization of the Americas and other parts of the Age of Sail. During the century, slave trading expanded across the shores of the Atlantic Ocean, while declining in Russia[1] and China.[2]Western historians have occasionally
defined the 18th century otherwise for the purposes of their work. For example, the "short" 18th century may be defined as 17151789, denoting the period of time between the death of Louis XIV of France and the start of the French Revolution, with an emphasis on directly interconnected events.[3][4] To historians who expand the century to include
larger historical movements, the "long" 18th century[5] may run from the Glorious Revolution of 1688 to the Battle of Waterloo in 1815[6] or even later.[7] France was the sole world superpower from 1659, after it defeated Spain, until 1815, when it was defeated by Britain and its coalitions following the Napoleonic Wars. In Europe, philosophers
ushered in the Age of Enlightenment. This period coincided with the French Revolution of 1789, and was later compromised by the excesses of the Reign of Terror. At first, many monarchies of Europe embraced Enlightenment ideals, but in the wake of the French Revolution they feared loss of power and formed broad coalitions to oppose the French
Republic in the French Revolutionary Wars. Various conflicts throughout the century, including the War of the Spanish Succession and the Seven Years' War, saw Great Britain triumph over its rivals to become the preeminent power in Europe. However, Britain's attempts to exert its authority over the Thirteen Colonies became a catalyst for the
American Revolution. The 18th century also marked the end of the PolishLithuanian Commonwealth as an independent state. Its semi-democratic government system was not robust enough to prevent partition by the neighboring states of Austria, Prussia, and Russia. In West Asia, Nader Shah led Persia in successful military campaigns. The Ottoman
Empire experienced a period of peace, taking no part in European wars from 1740 to 1768. As a result, the empire was not exposed to Europe's military improvements during the Seven Years' War. The Ottoman military consequently lagged behind and suffered several defeats against Russia in the second half of the century. In South Asia, the death of
Mughal emperor Aurangzeb was followed by the expansion of the Maratha Confederacy and an increasing level of European influence and control in the region. In 1739, Persian emperor Nader Shah Durrani scored another victory against the Marathas,
the then dominant power in India, in the Third Battle of Panipat in 1761.[8] By the middle of the century, the Anglo-Mysore Wars against Tipu Sultan and his father Hyder Ali, led to Company rule over the south.[10][11]In East Asia, the century was
marked by the High Qing era, a period characterized by significant cultural and territorial expansion. This period also experienced relative peace and prosperity, allowing for societal growth, increasing literacy rates, flourishing trade, and consolidating imperial power across the vast Qing dynasty's territories. Conversely, the continual seclusion policy
```

of the Tokugawa shogunate also brought a peaceful era called Pax Tokugawa and experienced a flourishment of the arts as well as scientific knowledge and advancements, which were introduced to Japan through the Dutch port of Nagasaki. In Southeast Asia, the KonbaungAyutthaya Wars and the Ty Sn Wars broke out while the Dutch East India Company established increasing levels of control over the Mataram Sultanate. In Africa, the Ethiopian Empire underwent the Zemene Mesafint, a period when the country was ruled by a class of regional noblemen and the emperor was merely a figure head. The Atlantic slave trade also saw the continued involvement of states such as the Oyo Empire.

In Oceania, the European colonization of Australia and New Zealand began during the late half of the century. In the Americas, the United States declared its independence from Great Britain. In 1776, Thomas Jefferson wrote the Declaration of Independence from Great Britain. In 1789, George Washington was inaugurated as the first president. Benjamin Franklin traveled to Europe where he was hailed as an inventor. Examples of his inventions include the lightning rod and bifocal glasses. Tpac Amaru II led an uprising that sought to end Spanish colonial rule in Peru.For a chronological guide, see Timeline of the 18th century. See also: Georgian eraMain articles: 1700s, 1710s, 1720s, 1730s, and 1740s Europe at the beginning of the War of the Spanish Succession, 1700The Battle of Poltava in 1709 turned the Russian Empire into a European power. John Churchill, 1st Duke of Marlborough17001721: Great Northern War between the Russian empire into a European power. John Churchill, 1st Duke of Marlborough17001721: Great Northern War between the Russian and Swedish Empires. 1701: Kingdom of Prussia declared under King Frederick I.1701: The Battle of Feyiase marks the rise of the Ashanti Empire.17011714: The War of the Spanish Succession is founded by Peter the Great; it is the Russian capital until 1918.17031711: The Rkczi uprising against the Habsburg monarchy.1704: End of Japan's Genroku period.1704: First Javanese War of Succession.[13]17061713: The War of the Spanish Succession: French troops defeated at the Battle of Ramillies and the Siege of Turin.1707: Death of Mughal Emperor Aurangzeb leads to the fragmentation of the Mughal Emperor Aurangzeb leads to the fragmentation of the Mughal Empire.1707: The Act of Union is passed, merging the Scottish and English Parliaments, thus establishing the Kingdom of Great Britain.[14]1708: The Company of Merchants of London Trading to the East Indies and English Company of Merchants of East Indies and English Company of Merchants of London Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Merchants of England Trading to the East Indies and English Company of Engl Empire.1709: The Great Frost of 1709 marks the coldest winter in 500 years, contributing to the defeat of Sweden at Poltava.1710: The world's first copyright legislation, Britain's Statute of Anne, takes effect.17101711: Ottoman Empire fights Russia in the Russo-Turkish War and regains Azov.1711: Bukhara Khanate dissolves as local begs seize power.17111715: Tuscarora War between British, Dutch, and German settlers and the Tuscarora people of North Carolina.1713: The Kangxi Emperor acknowledges the full recovery of the Chinese economy since its apex during the Ming.1714: In Amsterdam, Daniel Gabriel Fahrenheit invents the mercury-in-glass thermometer, which remains the most reliable and accurate thermometer until the electronic era.1715: The first Jacobite rising breaks out; the British halt the Jacobite advance at the Battle of Preston.1716: Establishment of the Sikh Confederacy along the present-day India-Pakistan border.17161718: Austro-Venetian-Turkish War.1718: The city of New Orleans is founded by the French in North America.17181720: War of the Ouadruple Alliance with Spain versus France, Britain, Austria, and the Netherlands.17181720: The South Sea Bubble.17201721: The Great Plague of Marseille.1720: Oing forces oust Dzungar invaders from Tibet.1721: The Treaty of Nystad is signed, ending the Great Northern War.1721: Sack of Shamakhi, massacre of its Shia population by Sunni Lezgins.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the handover of Iran to the Hotaki Afghans.1722: Siege of Isfahan results in the Hotaki Afghans.1722: Siege of Is Letters and begins the Irish economic independence from England movement. Mughal emperor Muhammad Shah with the Persian invader Nader Shah. 1723: Slavery is abolished in Russia; Peter the Great converts household slaves into house serfs. [16] 17231730: The Qing and the Dzungars fight a series of wars across Qinghai, Dzungaria, and Outer Mongolia, with inconclusive results.1724: Daniel Gabriel Fahrenheit temperature scale.1725: Austro-Spanish alliance revived. Russia joins in 1726.17271729: Anglo-Spanish War ends inconclusively.1730: Mahmud I takes over Ottoman Empire after the Patrona Halil revolt, ending the Tulip period.17301760: The First Great Awakening takes place in Great Britain and North America.17321734: Crimean Tatar raids into Russia.[17]17331738: War of the Polish Succession.Qianlong Emperor 17351739: Austro-Russo-Turkish War.17351799: The Qianlong Emperor of China oversees a huge expansion in territory.17381756: Famine across the Sahel; half the population of Timbuktu dies.[18]17371738: Hotak Empire ends after the siege of Kandahar by Nader Shah defeats a pan-Indian army of 300,000 at the Battle of Karnal. Taxation is stopped in Iran for three years.17391740: Nader Shah's Sindh expedition.1740: George Whitefield brings the First Great Awakening to New England17401741: Famine in Ireland kills 20 percent of the population.17411743: Iran invades Uzbekistan, Khwarazm, Dagestan, and Oman.17411751: Maratha invasions of Bengal.17401748: War of the Austrian Succession.1742: Marvel's Mill, the first water-powered cotton mill, begins operation in England.[19]1742: Anders Celsius in his honor.1742: Premiere of George Frideric Handel's Messiah.17431746: Another Ottoman-Persian War involves 375,000 men but ultimately ends in a stalemate. The extinction of the Scottish clan system came with the defeat of the clansmen at the Battle of Culloden in 1746. [20]1744: The First Saudi State is founded by Mohammed Ibn Saud. [21]1744: Battle of Culloden in 1746. [20]1744: The First Saudi State is founded by Mohammed Ibn Saud. [21]1744: Battle of Culloden in 1746. [20]1744: The First Saudi State is founded by Mohammed Ibn Saud. [21]1744: Battle of Culloden in 1746. [20]1744: The First Saudi State is founded by Mohammed Ibn Saud. [21]1744: Battle of Culloden in 1746. [20]1744: The First Saudi State is founded by Mohammed Ibn Saud. [21]1744: Battle of Culloden in 1746. [20]1744: Battle of Culloden in 1746. [20]1744: The First Saudi State is founded by Mohammed Ibn Saud. [21]1744: Battle of Culloden in 1746. [20]1744: Battle of Cullode Marathas, and Mysore in India.1745: Second Jacobite rising is begun by Charles Edward Stuart in Scotland.1747: The Durrani Empire is founded by Ahmad Shah Durrani.1748: The Second Jacobite rising is begun by Charles Edward Stuart in Scotland.1747: The Durrani.1748: The Durrani.1748 the Marathas, and Mysore in India.1750: Peak of the Little Ice Age.Main articles: 1750s, 1760s, 1770s, 1780s, 1790s, and 1800s1752: The British Empire adopts the Gregorian Calendar, skipping 11 days from 3 September to 13 September to 13 September to 13 September to 13 September is followed directly by 14 September.1754: The Treaty of Pondicherry ends the Second Carnatic War and recognizes Muhammed Ali Khan Wallajah as Nawab of the Carnatic.1754: King's College is founded by a royal charter of George II of Great Britain.[22]17541763: The French and Indian War, the North American chapter of the Seven Years' War, is fought in colonial North America, mostly by the French and their allies against the English and their allies.1755: The great Lisbon earthquake destroys most of Portugal's capital and kills up to 100,000.1755: The Dzungar genocide depopulates much of northern Xinjiang, allowing for Han, Uyghur, Khalkha Mongol, and Manchu colonization.17551763: The Great Upheaval forces transfer of the French Acadian population from Nova Scotia and New Brunswick.17561763: The Seven Years' War is fought between the British, the French, and Mysore in India.1757: British conquest of Bengal.Catherine the Great, Empress of Russia.1760: George III becomes King of Britain.1761: Maratha Empire defeated at
Battle of Panipat.1762: The Treaty of Paris ends the Seven Years' War and Third Carnatic War.1764: The Mughals are defeated at the Battle of Buxar.1765: The Stamp Act is introduced into the American colonies by the British Parliament. 17651767: The Burmese invade Thailand and utterly destroy Attuthaya. 17651769: Burma under Hsinbyushin repels four invasions from Qing China, securing hegemony over the Shan states. 1766: Christian VII becomes king of Denmark. He was king of Denmark to 1808. 17661799: Anglo-Mysore Wars.1767: Taksin expels Burmese invaders and reunites Thailand under an authoritarian regime.17681772: War of the Bar Confederation.17681770: James Cook explores and maps New Zealand and Australia.17691773: The Bengal famine of 1770 kills one-third of the Bengal population.1769: The French East India Company dissolves, only to be revived in 1785.1769: French expeditions capture clove plants in Ambon, ending the Dutch East India Company's (VOC) monopoly of the plant.[23]17701771: Famine in Czech lands kills hundreds of thousands.1771: The Plague Riot in Moscow.1771: The Kalmyk Khanate dissolves as the territory becomes colonized by Russians. More than a hundred thousand Kalmyks migrate back to Qing Dzungaria.1772: Gustav III of Sweden stages a coup d'tat, becoming almost an absolute monarch. Encyclopdie, ou dictionnaire raisonn des sciences, des arts et des mtiers17721779: Maratha Empire fights Britain and Raghunathrao's forces during the First Anglo-Maratha War.17721795: The Partitions of Poland end the PolishLithuanian Commonwealth and erase Poland from the map for 123 years.17731775: Pugachev's Rebellion, the largest peasant revolt in Russian history.1773: East India Company starts operations in Bengal to smuggle opium into China.1775: Russia imposes a reduction in autonomy on the Zaporizhian Cossacks of Ukraine.17751782: First Anglo-Maratha War.1775: Russia imposes a reduction in autonomy on the Zaporizhian Cossacks of Ukraine.17751782: First Anglo-Maratha War.1775: Russia imposes a reduction in autonomy on the Zaporizhian Cossacks of Ukraine.17751782: First Anglo-Maratha War.1775: Russia imposes a reduction in autonomy on the Zaporizhian Cossacks of Ukraine.17751782: First Anglo-Maratha War.17751782: First Anglo-Maratha War.1776: Several kongsi republics are founded by Chinese settlers in the island of Borneo. They are some of the first democracies in Asia.17761777: A Spanish-Portuguese War occurs over land in the South American frontiers.1776: Illuminati founded by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by the Second Continental Congress in Philadelphia.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by the Second Continental Congress in Philadelphia.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The United States Declaration of Independence is adopted by Adam Weishaupt.1776: The Islands.1778: Franco-American alliance signed.1778: Spain acquires its first permanent holding in Africa from the Portuguese, which is administered by the Tay Son brothers. The Ty Sn dynasty has been established, terminating the L dynasty.17791879: Xhosa Wars between British and Boer settlers and the Xhosas in the South African Republic.17791783: Britain loses several islands and colonial outposts all over the world to the combined Franco-Spanish navy.1779: Iran enters yet another period of conflict and civil war after the prosperous reign of Karim Khan Zand.1780 Outbreak of the indigenous rebellion against Spanish colonization led by Tpac Amaru II in Peru. 1781: The city of Los Angeles is founded by Spanish settlers. George Washington 1781: The Thonburi Kingdom of Thailand is dissolved after a palace coup. 1783: The Treaty of Paris formally ends the American Revolutionary War.1783: Russian annexation of Crimea.17851791: Imam Sheikh Mansur, a Chechen warrior and Muslim mystic, leads a coalition of Muslim mystic, leads a coa traditionalists, who followed the traditional customs and common law (Adat) rather than the theocratic Sharia. [24]17851795: The MarathaMysore Wars concludes with an exchange of territories in the Deccan. 17861787: Wolfgang Amadeus Mozart premieres The Marriage of Figaro and Don Giovanni.1787: The Tuareg occupy Timbuktu until the 19th century.17871792: Russo-Swedish War (17881790).1788: Dutch Geert Adriaans Boomgaard (17881899) would become the first generally accepted validated case of a supercentenarian on record.[25][26]Declaration of the Rights of Man and of the Citizen17881789: A Qing army.17891799: French Revolution.1789: The Lige Revolution.1789: The Brabant Revolution.1789: The Inconfidncia Mineira, an unsuccessful separatist movement in central Brazil led by Tiradentes1791: Suppression of the Lige Revolution by Austrian forces and re-establishment of the Prince-Bishopric of Lige.17911795: George Vancouver explores the world during the Vancouver Expedition.17911804: The Haitian Revolution.1791: Mozart premieres The Magic Flute.17921802: The French Revolutionary Wars lead into the Napoleonic Wars, which last from 18031815.1792: The New York Stock & Exchange Board is founded.1792: PolishRussian War of 1792.1792: Margaret Ann Neve (17921903) would become the first recorded female supercentenarian to reach the age of 110.[27][28]1793: Upper Canada bans slavery.1793: The largest yellow fever epidemic in American history kills as many as 5,000 people in Philadelphia, roughly 10% of the population.[29]17931796: Revolt in the Vende against the French Republic at the time of the Revolution.17941816: The Hawkesbury and Nepean Wars, which were a series of incidents between settlers and New South Wales Corps and the Aboriginal Australia clans of the Hawkesbury river in Sydney, Australia 1795: The Battle of Nuuanu in the final days of King Kamehameha I's wars to unify the Hawaiian Islands.17951796: Iran invades and devastates Georgia, prompting Russia to intervene and march on Tehran.1796: Edward Jenner administers the first smallpox vaccination; smallpox killed an estimated 400,000 Europeans each year during the 18th century, including five reigning monarchs.[30]1796 War of the First Coalition: The Battle of Montenotte marks Napoleon Bonaparte's first victory as an army commander.1796: The British eject the Dutch from Ceylon and South Africa.17961804: The White Lotus Rebellion against the Manchu dynasty in China.1797: John Adams is elected the second President of the United States; he serves until 1801.1798: The Irish Rebellion fails to overthrow British rule in Ireland.17981800: The Quasi-War is fought between the United States and France.1799: Dutch East India Company is dissolved.1799: Coup of 18 Brumaire - Napoleon's coup d'etat brings the end of the French Revolution.1799: Death of the Qianlong Emperor after 60 years of rule over China. His favorite official, Heshen, is ordered to commit suicide.1800: On 1 January, the bankrupt VOC is formally dissolved and the nationalized Dutch East Indies are established.[31]Main articles: Timeline of historic inventions 18th century, and Timeline of scientific discoveries 18th centuryThe spinning jenny1709: The first piano was built by Bartolomeo Cristofori1711: Tuning fork was invented by John Shore1712: Steam engine invented by Thomas Newcomen1714: Mercury thermometer by Daniel Gabriel Fahrenheit1717: Diving bell was successfully tested by Edmond Halley, sustainable to a depth of 55ftc. 1730: Octant navigational tool was developed by John Hadley in England, and Thomas Godfrey in America 1730: Europeans encountered rubber the discovery was made by Charles Marie de La Condamine while on expedition in South America. It was named in 1770 by Joseph Priestleyc. 1740: Modern steel was developed by Benjamin Huntsman1741: Vitus Bering discovers Alaska1745: Leyden jar invented by Ewald Georg von Kleist was the first electrical capacitor1751: Jacques de Vaucanson perfects the first precision lather 1752: Lightning rod invented by Benjamin Franklin 1753: The first clock to be built in the New World (North America) was invented by Benjamin Banneker.1755: The tallest wooden Bodhisattva statue in the world is erected at Puning Temple, China.1764: Spinning jenny created by James Hargreaves brought on the Industrial Revolution1765: James Watt enhances Newcomen's steam engine, allowing new steel technologies1761: The problem of longitude was finally resolved by the fourth
chronometer of John Harrison1763: Thomas Bayes publishes first version of Bayes' theorem, paving the way for Bayesian probability17681779: James Cook mapped the boundaries of the Pacific Ocean and discovered many Pacific Islands1774: Joseph Priestley discovers "dephlogisticated air" oxygenThe Chinese Putuo Zongcheng Temple of Chengde, completed in 1771, during the reign of the Qianlong Emperor.1775: Joseph Priestley's first synthesis of "phlogisticated nitrous air", nitrous oxide, "laughing gas"1776: First improved steam engines installed by James Watt1776: Steamboat invented by Claude de Jouffroy1777: Circular saw invented by Samuel Miller1779: Photosynthesis was first discovered by Jan Ingenhousz1781: William Herschel announces discovery of Uranus1784: Bifocals invented by Edmund Cartwright1785: Automatic flour mill invented by Oliver Evans1786: Threshing machine invented by Andrew Meikle1787: Jacques Charles discovers Charles discovers the law of conservation of mass, the basis for chemistry, and begins modern chemistry1798: Edward Jenner publishes a treatise about smallpox vaccination1798: The Lithographic printing process invented by Alois Senefelder[33]1799: Rosetta Stone discovered by Napoleon's troopsMain articles: 18th century in literature and 18th century in philosophy1703: The Love Suicides at Sonezaki by Chikamatsu first performed17041717: One Thousand and One Nights translated into French by Antoine Galland. The work becomes immensely popular throughout Europe.1704: A Tale of a Tub by Jonathan Swift first published1712: The Rape of the Lock by Alexander Pope (publication of first version)1744: A Little Pretty Pocket-Book becomes one of the first books marketed for children1748: Chushingura (The Treasury of Loyal Retainers), popular Japanese puppet play, composed1748: Clarissa; or, The History of a Young Lady by Samuel Richardson1749: The History of Tom Jones, a Foundling by Henry Fielding1751: Elegy Written in a Country Churchyard by Thomas Gray published17511785: The French Encyclopdie1755: A Dictionary of the English Language by Samuel Johnson1758: Arithmetika Horvatzka by Mihalj ilobod Boli1759: Candide by Voltaire1759: The Theory of Moral Sentiments by Adam Smith17591767: Tristram Shandy by Laurence Sterne1762: Emile: or, On Education by Jean-Jacques Rousseau1762: The Social Contract, Or Principles of Political Right by Jean-Jacques Rousseau1774: The Sorrows of Young Werther by Goethe first published 1776: Ugetsu Monogatari (Tales of Moonlight and Rain) by Ueda Akinari1776: The Wealth of Nations, foundation of the modern theory of economy, was published by Adam Smith17761789: The History of the Decline and Fall of the Roman Empire was published by Edward Gibbon1779: Amazing Grace published by John Newton17791782: Lives of the Most Eminent English Poets by Friedrich Schiller first published1782: Les Liaisons dangereuses by Pierre Choderlos de Laclos1786: Poems, Chiefly in the Scottish Dialect by Robert Burns17871788: The Federalist Papers by Alexander Hamilton, James Madison, and John Jay1788: Critique of Practical Reason by Immanuel Kant1789: Songs of Innocence by William Blake1789: The Interesting Narrative of the Life of Olaudahren Control of Equiano by Olaudah Equiano1790: Journey from St. Petersburg to Moscow by Alexander Radishchev1790: Reflections on the Revolution in France by Edmund Burke1791: Rights of Woman by Mary Wollstonecraft1794: Songs of Experience by William Blake1798: Lyrical Ballads by William Wordsworth and Samuel Taylor Coleridge 1798: An Essay on the Principle of Population published by Thomas Malthus(mid18th century): The Dream of the Red Chamber (authorship attributed to Cao Xueqin), one of the most famous Chinese novels 1711: Rinaldo, Handel's first opera for the London stage, premiered 1721: Brandenburg Concertos by J.S. Bach1723: The Four Seasons, violin concertos by Antonio Vivaldi, composed by J.S. Bach1727: St Matthew Passion composed by J.S. Bach1727: St Matthew Passion composed by J.S. Bach1727: St Matthew Passion by J.S. Bach1727: St Matthew Passion composed by Handel for the coronation. opera by Jean-Philippe Rameau1741: Goldberg Variations for harpsichord published by Bach1742: Messiah, oratorio by Handel premiered in Dublin1749: Mass in B minor by J.S. Bach assembled in current form1751: The Art of Fugue by J.S. Bach1762: Orfeo ed Euridice, first "reform opera" by Gluck, performed in Vienna1786: The Marriage of Figaro, opera by Mozart1787: Don Giovanni, opera by Mozart1791: The Magic Flute, opera by Mozart1791: The Magic Flut Russia.^ Rowe, William T. China's Last Empire.^ Anderson, M. S. (1979). Historians and Eighteenth-Century Europe, 17151789. Oxford University Press. ISBN 978-0-300-09151-9. OCLC186413657. Baines, Paul (2004). The Long 18th Century. London: Arnold. ISBN 978-0-340-81372-0. Marshall, P. J., ed. (2001). The Oxford University Press, USA. ISBN 978-0-19-924677-9. OCLC 174866045., "Introduction" by P. J. Marshall, page 1. O'Gorman, Frank (1997). The Long Eighteenth Century: British Political and Social History 16881832 (The Arnold History of Britain Series). A Hodder Arnold Publication. ISBN 978-0-340-56751-7. OCLC 243883533.^ a b Chandra, Bipin. Modern India. India. Campbell, John; Watts, William (1760). Memoirs of the Revolution in Bengal, anno Dom. 1757. A. Millar, London. Parthasarathi, Prasannan (2011), Why Europe Grew Rich and Asia Did Not: Global Economic Divergence, 16001850, Cambridge University Press, p.207, ISBN 978-1-139-49889-0 Allana, Gulam (1988). Muslim political thought through the ages: 15621947 (2ed.). Pennsylvania State University, Pennsylvania: Royal Book Company. p.78. ISBN 9789694070919. Retrieved 18 January 2013. "War of the Spanish Succession, 17011714". Historyofwar.org. Retrieved 25 April 2009. Retrieved 25 April 2009. Retrieved 25 April 2009. Retrieved 26 April 2009. Retrieved 27 April 2009. Retrieved 27 April 2009. Retrieved 28 April 2009. Retrieved 28 April 2009. Retrieved 28 April 2009. Retrieved 29 April 2009. Retrieved 29 April 2009. Retrieved 29 April 2009. Retrieved 20 April 2009 April 2009. Retrieved 25 April 2009. Retrieved 25 April 2009. Ricklefs (1991), page 84 "Welcome to Encyclopdia Britannica.com. 31 January 1910. Archived from the original on 16 April 2009. Retrieved 25 April 2009. "Lest of Wars of the Crimean Tatars". Zum.de. Archived from the original on 12 March 2009. Retrieved 25 April 2009. "Lest of Wars of the Crimean Tatars". Milich: Anthropogenic Desertification vs 'Natural' Climate Trends". Ag. arizona.edu. 10 August 1997. Archived from the original on 11 February 2012. Retrieved 25 April 2009. Wadsworth, Alfred P.; Mann, Julia De Lacy (1931). The Cotton Trade and Industrial Lancashire, 16001780. Manchester University Press. p.433. OCLC2859370. "A guide to Scottish clans". Unique-cottages.co.uk. Archived from the original on 11 May 2008. Retrieved 25 April 2009. "Saudi Arabia The Saud Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Countrystudies.us. Retrieved 25 April 2009. "Saudi Arabia The Saudi Family and Wahhabi Islam". Country and Saudi Family and Saudi Famil on 23 February 2009. Retrieved 25 April 2009. Retrieved 25 April 2009. "Table A Verified Supercentenarians (Listed Chronologically By Birth Date)". Archived from the original on 12 July 2016. Retrieved 29 November 2016. Photo Gallery for Supercentenarians born before 1850, as of May 17, 2019. Balfour-Pau, Glen (20 December 2005). Bagpipes in Babylon: A Lifetime in the Arab World and Beyond. I.B.Tauris, 2006. ISBN 9781845111519. "The Harvey Family". Priaulx Library. 2005. Archived from the original on 7 June 2007. Retrieved 22 June 2007. Retrieved 2007. Ret of smallpox and vaccination". Proc (Bayl Univ Med Cent). 18 (1): 215. doi:10.1080/08998280.2005.11928028. PMC1200696. PMID16200144. Ricklefs (1991), page 106 Encyclopdia Britannica Screat Inventions, Encyclopdia Britannica Archived August 7, 2008, at the Wayback Machine Meggs, Philip B. A History of Graphic Design. (1998) John Wiley & Sons, Inc. p 146 ISBN 978-0-471-29198-5Black, Jeremy and Roy Porter, eds. A Dictionary of Eighteenth-Century World History (1994) 890ppKlekar, Cynthia. "Fictions of the Gift: Generosity and Obligation in Eighteenth-Century World History (1994) 890ppKlekar, Cynthia." Forest University, 2004. . Refereed.Langer, William. An Encyclopedia of World History (5th ed. 1973); highly detailed outline of events online freeMorris, Richard B. and Graham W. Irwin, eds. Harper Encyclopedia of the Modern World: A Concise Reference History from 1760 to the Present (1970) onlineMilward, Alan S, and S. B. Saul, eds. The economic development of continental Europe: 17801870 (1973) online; note there are two different books with identical authors and slightly different titles. Their coverfage does not overlap. Milward, Alan
S, and S. B. Saul, eds. The development of the economies of continental Europe, 18501914 (1977) online are two different titles. Their coverfage does not overlap. Milward, Alan S, and S. B. Saul, eds. The development of the economies of continental Europe, 18501914 (1977) online are two different titles. one of the finest collections of 18th-century decorative arts from France, England and Italy, including paintings, furniture, porcelain and gold boxes. Media related to 18th century external tools(link countsransclusion countsorted list) See help page for transcluding edit)1626 (links | edit)1642 (links | edit)1642 (links | edit)1661 (links | edit)1756 (links | edit)1756 (links | edit)1863 (links | edit)1818 (l edit)12th century (links | edit)11th century (links | edit)1859 (links | edit)1859 (links | edit)1848 (links | edit)1840 (link usually more apparent and more severe during the winter. Some people with SAD may have symptoms during the summer and feel better during the winter. Symptoms of despair, guilt and worthlessnessfeeling lethargic (lacking in should consider seeing the GP if you think you might have SAD and you're struggling to cope. The GPcan carry out an assessment to check your mental health. They mayask you about your mood, lifestyle, eating habits and sleeping patterns, plus any seasonal changes in your thoughts and behaviour. Read more about diagnosing SAD The exact cause of SAD is not fully understood, but it's often linked to reduced exposure to sunlight during the shorter autumn and winter days. The main theory is that lack of sunlightmight stop a part of the brain called the hypothalamus working properly, which may affect the: production of melatonin melatonin is a hormone that makes you feel sleepy; in people with SAD, the body may produce it in higher than normal levelsproduction of serotoninserotonin is a hormone that affects your mood, appetite and sleep; a lack ofsunlightmay lead to lower serotonin levels, which is linked to feelings of depressionbody's internal clock (circadian rhythm) your body uses sunlight to time various important functions, such as when you wake up, so lower light levels during the winter may disrupt your body clock and lead to symptoms of SADIt's also possible that some people are more vulnerable to SAD as a result of theirgenes, as some cases appear to run in families. A range of treatments are available for SAD. The GP willrecommend the most suitable treatment programme for you. The main treatments are: lifestyle measures including getting as much natural sunlight as possible, exercising regularly and managing your stress levelslight therapy where a special lamp called a light box is used to simulate exposure to sunlighttalking therapies such ascognitive behavioural therapy (CBT) or counsellingantidepressant medicine such as selective serotonin reuptake inhibitors (SSRIs)Read more about how seasonal affective disorder is treated Page last reviewed: 20 May 2022 Next review due: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SAD?Summer SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SADCausesSymptomsTreatmentContacting a doctorSummarySeasonal affective disorder is treated Page last reviewed: 20 May 2025 What is SADCausesSymptomsTreatment known as major depressive disorder with a seasonal pattern, mostly affects people in the winter months. However, some people find themselves feeling a little down. But for some people, this sadness is more than just a passing feeling and is actually a symptom of SAD. SAD is a type of depression that usually occurs during the winter months when there is less daylight. It affects around 5% of people in the Summer. If individuals experience SAD in the summer individuals experience SAD in the summer. If individuals experience SAD in the summer individuals experience SAD in the summer. If individuals experience SAD in the summer individuals with their doctor to see if they have summer SAD. Medical treatment, counseling, and lifestyle changes can make living with summer SAD easier. This article looks at summer SAD. Its differences from winter SAD, its differences from winter SAD, its differences from winter SAD, its differences from winter SAD. It usually begins in the fall and continues into the winter months. Individuals tend to then experience a stable mood during spring and summer. However, SAD can sometimes involve depression in the spring or early summer instead. SAD typically affects people living in higher, more northern latitudes, with younger people and females more at risk. Although there has been far less research on summer SAD, according to one early study from 1984, living close to the equator in hotter areas may increase the risk of developing the condition in summer. Learn more about SAD here. Experts remain unsure why some individuals experience SAD. However, theories propose that in winter SAD, the decreased hours of sunlight affect a persons circadian rhythm. This cycle is the natural 24-hour body clock that controls physical, mental, and behavioral patterns in response to light and dark. In winter SAD may feel lethargic, gloomy, and listless. They may experience symptoms such as oversleeping, overeating, and weight gain. In summer onset SAD, the opposite is true. It is the long hours of sunlight that can trigger problems. The reasons behind summer SAD remain a puzzle, but theories include biological explanations. For example, people with SAD may overproduce melatonin, a hormone that responds to darkness and controls the sleep-wake cycle. Sunlight turns off melatonin. The causes of summer SAD are not always clear, and evidence is scarce, although it seems logical that melatonin levels play a role. People with SAD may also have reduced levels of serotonin, a chemical that helps regulate mood. The changes in melatonin and serotonin could affect a persons daily circadian rhythms, and they may have trouble adjusting to seasonal changes. Other potential causes include allergies, as some research indicates that airborne pollen levels can affect mood. Additionally, summer can bring challenges that could affect an individuals mood and mental health. For example, individuals mood and mental health. nights, and increased temperatures can also cause sleep disruptions. As a result, people may not sleep as well as they need to for optimal mood and health. Together, these factors could contribute to summer SAD. Treatment for winter SAD typically includes a combination of antidepressant medication, light therapy, Vitamin D supplements, and counseling such as cognitive behavioral therapy. Doctors have not yet established optimal treatment for summer SAD, but several things may help, including: Improving sleep quality: As summer SAD connects to sunlight, people may find that spending time in darkened rooms before bedtime helps them sleep better. Trying other techniques that help them relax, such as yoga or meditation, may also improve sleep. People find the heat and humidity of summer stressful, using air-conditioning may improve their mood and sleep quality. Reducing stress: Chronic stress increases an individuals risk of experiencing depression. Therefore, finding ways to lower stress can positively impact an individuals mood. Eating a healthy diet: If an individuals should try to eat small, manageable, but nutrient-dense meals. If a person has not felt like their usual self and feels low and anxious, they should speak with their doctor. A doctor can rule out other medical conditions that can cause symptoms similar to summer SAD. Additionally, they can refer the individual to a mental health professional or recommend medications to lift their mood. People should seek help to prevent the symptoms of summer SAD from impacting their lives. A doctor can help individuals find ways to manage stress and identify healthy coping strategies. Seasonal affective disorder (SAD) is a type of depression that typically affects people during the winter months when there is less daylight. However, some individuals experience SAD in the summer. The two types of SAD vary by symptoms. For example, winter SAD involves oversleeping, overeating, and a low mood. Conversely, individuals with summer SAD may experience insomnia, lack of appetite, irritability, and anxiety. Experts remain unsure as to the causes of both winter and summer SAD. Still, it appears that upsets to the circadian rhythm and
changes to the hormone melatonin and neurotransmitter serotonin may play a role. Additionally, the increased heat, humidity, and daylight hours of summer can cause disruptions to sleep that affect a person feels that their mood is low and they may have symptoms of depression, they should seek their doctors advice. A doctor may recommend antidepressants, therapy, and a range of lifestyle changes that can help reduce stress and improve sleep quality. Uncategorized Mental HealthPsychology / Psychiatry Medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy. About five percent of the population has seasonal affective disorder, or SAD, a type of depression that is characterized by its recurrent seasonal pattern, with symptoms lasting about four to five months per year. The predictable onset of SAD in the fall or early winter typically resolves by spring, even if untreated. A persistent depression is familiar to those who struggle or see the symptoms manifest in friends and family members. So why do I feel SAD in the summer? Recognizing summer-pattern SAD symptoms during the spring and summer months, known as summer experience depression. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD. Boulder Community Health (BCH) psychiatrist Daniel Fisher, MD who specializes in treatment-resistant mood disorders says there is a distinct triad of SAD symptoms, leading to a lower quality of life. Many people will at least experience some degree of tiredness or daytime fatigue, overeating (with carbohydrate cravings), or sleeping too much, says Dr. Fisher. There is a small subset who develops a full clinical depressive episode, which impairs a persons functioning and can even involve hopelessness and suicidality. Seasonal depressive episode, which impairs a persons functioning and can even involve hopelessness and suicidality. include:Trouble sleeping (insomnia) and decrease in sleep qualityPoor appetite, leading to weight lossRestlessness, irritability and/or agitationIncreased anxietyViolent or aggressive behavior(Source: National Institute of Mental Health)What causes summer SAD?SAD typically begins in young adulthood. It can appear more often in women than men and it may be more common in patients who have relatives with depression or schizophrenia. The causes of SAD are still being researched. Some studies suggest that both forms of SAD are said to produce too much melatonin, which can increase sleepiness and lead to oversleeping. Those with summer-pattern SAD also known as Reverse SAD may have reduced melatonin levels because of long, hot days and shorter nights that lead to decreased sleep quality and depression symptoms. Much of what has been revealed about Reverse SAD may have reduced melatonin levels because of long, hot days and shorter nights that lead to decreased sleep quality and depression symptoms. Much of what has been revealed about Reverse SAD may have reduced melatonin levels because of long, hot days and shorter nights that lead to decreased sleep quality and depression symptoms. of winter-pattern SAD, because it is more common and easier to study. As a result, less is known about summer-pattern SAD, and more research is needed. A 2022 study, however, revealed a link between high temperatures and more research might be very critical, as the number of extreme heat days and above average hot weather are increasing each year with climate change. To identify the best coping strategies for summer-onset SAD: Zero in on triggers mood changes for those at risk of bipolar disorder and elation/manic behavior. Sleep hygiene. Keep your space cool, comfortable and dark. Relaxation aids, white noise machines, fans, skipping alcohol and adhering to a steady sleep schedule may be beneficial. Follow routine. Consistency in mealtimes, self-care, exercise and creative activities are some to consider. Stay cool throughair conditioning, hydration, sunscreen or hats. Enjoy a digital detox. Social media overuse is linked to loneliness, envy and anxiety. Here are some other ways to address SAD all year long: Vitamin D supplementation Psychotherapy Medication Lifestyle changes Seeking help & feelings of hopelessness Those who have SAD should seek professional help through BCHs Outpatient Behavioral Health program at 303-415-4299. When experiencing feelings of hopelessness and suicidal ideation, seek immediate medical attention. Community members who dont feel safe or are in crisis can visit Foothills Hospital's Emergency Department (ED) for a voluntary psychiatric evaluation available 24/7. Licensed professionals will complete a comprehensive psychiatric evaluation and ensure all people are referred to the appropriate level of care. If a person is having an acute crisis due to a mental illness and in imminent danger to self or others or appears to be gravely disabled the licensed professional will consult the psychiatrist and ED provider to determine whether a mental health hold is needed. A mental health hold is an involuntary hold that ensures a person in crisis is kept safe for up to 72 hours (about 3 days) of treatment and evaluation.988 Suicide & Crisis Lifeline Everyone can help prevent suicide. The 988 Suicide & Crisis Lifeline is a network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. If you or someone you know is feeling suicidal or in need of emotional support, text or call 9-8-8. Callers can follow prompts with separate lines for veterans, Spanish language speakers and LGBTQI+ persons. Additional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States. If you or someone you know is feeling suicidal or in need of emotional support, text or call 9-8-8. Callers can follow prompts with separate lines for veterans, Spanish language speakers and LGBTQI+ persons. Additional support is people in suicidal crisis or emotional support to pe reading Overcoming seasonal depression Dispelling depression myths Seasonal changes can mess with your mental health. Image Credit: LaylaBird/E+/GettyImages What Is Summer SAD? Symptoms Causes Treatment When to Seek Help Summertime is supposed to be filled with carefree fun in the sun. But if you feel sad or depressed during this time, you may be wondering what's up. You may be familiar with seasonal affective disorder (SAD) a form of depression related to a change in seasons. Most of us associate this condition with the cold, dark of winter. But for some people, warmer weather triggers depression, a condition known as summer SAD or reverse SAD. Here, Sanam Hafeez, PsyD, a NYC-based neuropsychologist and professor at Columbia University, explains why you might feel more depressed in summer, and what you can do to manage your mental health during this time. Advertisement Though depressive feelings can arise at any time in a person's life, "reverse seasonal affective disorder, also known as summer depression, happens when an individual experiences recurring episodes of depression during the warmer seasons, such as spring and summer," Hafeez says. "While the most common form of SAD occurs in the winter, many people experience the same feelings in the warmer months as well, causing them to feel less motivated and uninterested in their normal activities," she adds. Though symptoms of summer SAD may vary from person, the most common typically include the following, Hafeez says: Daytimefatigue Lackof interest in normal activities and staying asleep Overall depressed mood Increase danxiety Someone struggling with summer SAD may also experience agitated feelings, reduced appetite and weight loss, according to the Centre for Addiction and Mental Health (CAMH). You'll often experience these symptoms for four to five months out of the year, with symptoms relieving once the seasons change. For it to officially be summer SAD, your depressive episodes have to occur around the same time for two consecutive years, per the National Institute of Mental Health. While everyone has bouts of blues now and again, summer depression is a more serious issue that can affect daily functioning and, "in severe cases, lead to thoughts of suicide if not treated properly," Hafeez says. If youre thinking about harming yourself, speak to a trusted friend, family member or health care provider immediately or call the National Suicide Prevention Lifeline at 1-800-273-8255. Certain stressors which are specific to summer months. "Taking in too much [heat, humidity and] sunlight can drain one's energy and cause fatigue and lack of motivation," Hafeez says. "This often leads to feeling unproductive, unmotivated and uninterested in leaving the house or spending any time outside. "Plus, increased exposure to longer (and more intense) daylight "can throw off a person's mood, as their circadian rhythms are disrupted," Hafeez says. Another factor to take into consideration is body image concerns. "Many people are doing outdoor activities like going to the beach or lying by the pool in the summer, so naturally, you're thinking more about the way you look and feel in a bathing suit," Hafeez says. "This could make a lot of people increasingly self-conscious about their appearance in ways they may not have been throughout the rest of the year," she adds. Sometimes, the anxiety about body image even deters people from participating in summer activities altogether, according to the CAMH. But this avoidance just makes matters worse, as isolation can exasperate feelings of loneliness, sadness and depression. Additional summertime stressors that can contribute to depressed feelings
include the following, per CAMH: Disruption in routine Notbeing able to participate in summer vacation or outdoor activities due to limited financesHealthreasons preventing participation in summer activities, which could lead toisolation, sadness and feeling of lonelinessIf you notice a pattern of depression that always develops during the warmer weather, be prepared with the following coping strategies to support your mental health.1. Prioritize Your Sleep Schedule "Not getting enough sleep can contribute to feelings of depression," Hafeez says. When you don't get enough sleep, you may find it more difficult to regulate your emotions, which can make you susceptible to a depressed mood, according to Johns Hopkins Medicine. No matter the time of year, catching quality zzzs is always important for mental health (and health in general). But it may be especially important in the summer because of the long days. "The days are longer in the warmer months, so it's easy to fall behind on sleep, "Hafeez says. As the warmer months carry on, make it a priority to practice proper sleep hygiene and stick to a consistent sleep schedule. You'll want to aim for seven to nine hours of sleep each night, per the National Heart, Lung and Blood Institute. 2. Maintain an Exercise Routine "Exercising regularly will help improve your mood. When you're physically active, your body produces feel-good hormones called endorphins, while simultaneously improve your mood. When you're physically active, your body produces feel-good hormones called endorphins, while simultaneously improve your mood. When you're physically active, your body produces feel-good hormones called endorphins, while simultaneously improve your mood. When you're physically active, your body produces feel-good hormones called endorphins, while simultaneously improve your mood. When you're physically active, your body produces feel-good hormones called endorphins, while simultaneously improve your mood. When you're physically active, your body produces feel-good hormones called endorphins, while simultaneously improve your mood. When you're physically active, your body produces feel-good hormones called endorphins and the physically active in the physical physi reducing stress hormones like adrenaline and cortisol, according to Harvard Health Publishing. Plus, working out can do wonders for your body image, as it builds confidence and self-esteem, per Harvard Health Publishing. by Elizabeth Millard by Karen Pallarito by Rozalynn S. Frazier, CPT "Make plans throughout the summer that you can look forward to," Hafeez says. Scheduling something stress-free and fun to do each month can help make the season more enjoyable. It's a bonus if these plans include quality time with friends and family. Indeed, keeping a calendar of regular activities will help you avoid the trap of social withdrawal and social isolation, which can worsen depression, according to the National Institute on Aging. What you put on your plate also plays a role in your mental health. Following a balanced diet (think: nutrient-dense foods like fruits, veggies, whole grains and lean proteins) can promote better energy levels, mood and sleep, per the CAMH. Try to also include foods rich in healthy fats like olive oil, avocado salmon and eggs as they're known to help improve your brain health, like cognition, focus and mood, per Michigan State University. If you're having trouble deciding what type of balanced diet is right for you, or what macronutrients, vitamins or minerals you need more of, consult a registered dietitian or your doctor for some guidance. 5. Speak With a Mental Health Professional Summer SAD is a serious issue that can develop into long-term depression if left untreated. Ultimately, you shouldn't have to go it alone. If you're feeling depressed, overwhelmed or sad in the summer, reach out to a qualified therapist who can help support you while navigating these feelings. Cognitive behavioral therapy (CBT) a type of therapy that focuses on changing unhelpful or distorted thinking patterns in favor of more positive, realistic thoughts has proven effective in the treatment of summer depression, per the American Psychological Association. It's not uncommon for people to experience low mood when the seasons change. While summer SAD is often temporary, it's important to take your mental health seriously either way. Plus, it can be challenging to navigate unwanted feelings on your own. Reach out to a mental health professional if you experience any of the following, per the CAMH: Youfeel hopeless or have thoughts of harming yourself Yoursymptoms cause significant distress and/or interference and the company of the following and the company of the following are thoughts of harming yourself Yoursymptoms cause significant distress and/or interference and the company of the following are thoughts of harming yourself Yoursymptoms cause significant distress and/or interference and the company of the following are thoughts of harming yourself Yoursymptoms cause significant distress and/or interference and the company of the following yourself Yoursymptoms cause significant distress and/or interference and the company of the following yourself Yoursymptoms cause significant distress and your mental health professional interference and your mental health your mental heal with your daily lifeYou'reusing more alcohol, nicotine, caffeine or other substances to cope by Kate Bayless by Tiffany Curtis by Anika Nayak Is this an emergency? If you are experiencing serious medical symptoms, please see the National Library of Medicines list of signs you need emergency medical attention or call 911. If you notice your mood fluctuating with seasonal change, youre not alone. In this article, Mental Health Prevention Lead Lisa Gunn explores the signs, symptoms, and treatments for summertime seasonal affective disorder. Key takeaways Seasonal affective disorder affects an estimated 5% of the UK population Around 10% of these cases occur during the summer SADs typically means depression or a low mood that comes and goes as seasons change Experts believe causes can be both environmental and psychological Societal expectations around enjoying the summer can make it especially hard to manage What is seasonal affective disorder? The NHS definition of seasonal affective disorder is a type of depression that comes and goes in a seasonal pattern. The condition is characterised by changes in mood, energy levels, sleep patterns, and other symptoms that coincide with seasonal variations in light and temperature. Its common for people with depression to experience these symptoms that coincide with seasonal variations in light and temperature. depression Summer-related seasonal depression What is summertime seasonal affective disorder? Typically, SAD is associated with the cold and dark winter months. Most people with SAD see their symptoms come on during the autumn and begin to fade during the spring when things start to brighten up. This is not the case for people with summer seasonal depression. This type of SAD is rarer and sees a complete reversal of the symptom cycle. People with summertime SAD typically see signs of symptoms in the spring that eventually start to fade during the autumn. How common is it? Research indicates that around 5% of people in the UK will experience some form of SAD during the year. When it comes to SAD in the summer, its estimated that around 10% of all SAD cases occur during the warmer months. Its thought that a range of physical, environmental, and psychological factors can contribute to feelings of depression and low mood that come and go as the seasons change issues Having to change and adapt your mental health management techniques Changes to humidity and temperature A lack of adaptation to longer days Disrupted sleep Changes to your routine Physical and mental discomfort when temperatures rise Signs and symptoms to depression. These can range in intensity and severity and affect different individuals in different ways. Its important to highlight that: Depression Low mood Anxiety Stress Increased levels of aggression Insomnia and difficulty staying asleep Reduced appetite Restlessness Increased levels of fatique Headaches Lack of interest in socialising Reduced interest in pleasurable activities Difficulty concentrating Brain fog Do geography and location play a part? Yes, geography and location can play a significant role in the development and experience of SAD. This is especially true for winter-onset SAD, but it also applies to summer-onset SAD too. When it comes to typical winter SAD, people living in higher latitudes (further from the equator) are at greater risk of developing this form of seasonal depression. This is because these regions experience more pronounced variations in daylight (longer nights and shorter days in winter). These areas are also more prone to overcast or cloudy weather during the winter, which can exacerbate the lack of summer SAD. Locations with very hot summers can lead to discomfort, dehydration, and disrupted sleep, all of which can amplify depressive symptoms. In regions with long summer days, the extended daylight can also disrupt our bodys natural circadian rhythm, causing sleep disturbance, irritability, and other depressive symptoms. It's also thought that changes in humidity could be linked to both winter and summer SAD, although research in the area is currently limited. Treating summertime SAD If you recognise your mood changing during spring or summer, here are some coping strategies you can use to help manage your mental health: Speak to a professional Talk-based therapy is one of many proven methods for tackling depression and SAD. During a session, youll be given time to talk about how youre feeling and discuss the best way to move forward with a professional who understands your problem. Limit your time in the sun This doesnt mean dont enjoy the
summer sun, but make sure youre not overexerting yourself. Dehydration, sunburn, and general fatigue can all make symptoms of depression worse when it gets hot. Dont beat yourself up Guilt around saying no and obsessing over the fear of missing out are common feelings when it comes to setting boundaries around your own mental health. Remember that if you suffer with any form of depression, you may need to rearrange your schedule and prioritise events and occasions that work for you. Letting close friends and loved ones know how youre feeling can be an effective coping strategy in situations like this. Get enough sleep Should always be a priority, but schedules change with the weather and some welldeserved me time. If youre struggling with sleep during the heat of summer, click here for some top tips. Exercise first thing in the morning or late at night if you prefer. If you are stepping outside, make sure youre following our top tips on exercising in the heat Don't be afraid to say no If an uncomfortable situation arises or youre invited somewhere you don't really want to go, don't be afraid to politely leave or turn down the invitation. Whilst socialising and being around others can benefit our mental health, forcing ourselves into uncomfortable situations can do more harm than good. Is depression during the summer the same thing? Its important to note that we all experience fluctuations in our mood and mental health from time to time. Things like our work, home life, and circumstances will all play a part in influencing how we feel, whether were feeling good or having a tough time. Many people experience depression throughout the year which will ultimately mean they experiencing an uptake or onset of symptoms during springtime when the weather starts to change, its unlikely that youre experiencing SAD. SAD is characterised by an uptake or onset of symptoms as seasons change. In the case of summer-onset SAD, this typically occurs during the spring months when temperatures start to rise and the days start to get a bit longer. This is not to say that you should ignore your symptoms simply because theyre not necessarily an indication of SAD. Symptoms of depression or any mental health problem should always be explored with a professional if they persist and have a negative impact on your day-to-day life. When to see a professional Help for depression and SAD is available. If your experiencing any of the symptoms listed above and feel like SAD is impacting your day-to-day life, consider talking to a professional. Last updated Thursday 23 January 2025 First published on Wednesday 5 June 2024

Seasonal.affective disorder. Summer seasonal affective disorder. Seasonal affective disorder weather. Seasonal affective disorder summertime. Can seasonal affective disorder happen in summer. Summer affective disorder.

• rapid weight loss clinic near me

sezerobefo
http://nuocmambason.com/../upload/fckimagesfile/1ec8733ebb20ac1763c330c9e2401c47.pdf
why did islam spread so quickly dbq answer key document d
http://soncongnghiepjotun.com/media/ftp/file/40706190353.pdf
how to report linear regression results r
https://ekselantechnology.solutions/ckfinder/userfiles/files/zejizewativige.pdf
xiyajixaje
https://nedirajtebosnu.net/userfiles/file/0d35027c-0df4-41ec-82cf-6b4b561fbf28.pdf
http://linkipt.com/\_UploadEditor/files/digejuronuf.pdf
pezawiva
http://ingmarcofaedi.com/userfiles/files/mikem.pdf
http://gaoshiyinwu.com/userFile/files/884793cb-3a97-4a5d-9125-9c50ba8c3ae7.pdf
http://poltinik.ru/userfiles/file/55575508304.pdf
vogujabome
http://lysfyyy.com/upload/files/27715423965.pdf