



Directions: Read the text and discuss with your friends.



<https://www.livestrong.com/article/32617-morning-sickness-symptoms-men/.html>

1

If someone says, “I’m feeling a bit under the weather,” it means that the person is sick, sad, or without energy. So, you say, “Put a little sunshine into your life.”

Research on SAD (*Seasonal Affective Disorder*) has focused on the brain’s *response* to darkness and light. This condition has been *linked* to the shortened daylight hours in winter. When your eyes *detect* darkness, a small gland in the brain *releases* melatonin, which establishes sleep. When you are exposed to light, the production of melatonin is diminished. Also, serotonin, which promotes wakefulness and happiness, is increased.

Source: *New World Student Book 5*

Vocabulary



- **Seasonal Affective Disorder** (n.): depression associated with late autumn and winter and thought to be caused by a lack of light (โรคซึมเศร้าตามฤดูกาล)
- **Response** (n.): a reaction to something (การตอบสนอง)
- **Link** (v.): connect or join physically (เชื่อมต่อ)
- **Detect** (v.): discover or identify the presence or existence of (ตรวจจับ)
- **Release** (v.): allow (something) to move, act, or flow freely (ปล่อย)





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2

Ask a child to draw two pictures: one of a rainy day and the other of a sunny day. The stick figures behind the raindrops will all have a frown on their faces. On the other hand, when the sun is shining, the people will be smiling and even the pets will have a *grin*. This reflects people's typical *reaction* to darkness and light.

Seasonal affective disorder is more common in regions of the world that are farther away from the equator, and so experience great seasonal changes in daylight hours. In Northern Europe, an estimated 12 million people suffer from SAD. In the United States, approximately 4% to 6% of the population may have it and a large number have milder "*winter blues*." This condition strikes mostly women in their 20s to 40s.

Source: *New World Student Book 5*

Vocabulary



- **Grin** (n.): a broad smile (การยิ้มกว้าง)
- **Reaction** (n.): an action performed or a feeling experienced in response to a situation or event (ปฏิกิริยา)
- **Winter blue** (n.): a feeling of depression or deep unhappiness associated with experiencing the cold and darkness of winter (โรคซึมเศร้าในฤดูหนาว)





<http://bipolarnews.org/?tag=light-therapy>

3

For example, Rachele Strauss, 38, of Gloucestershire complained about the dreary English winters. She said that by 10 A.M., she felt that she wanted to go back to bed. She felt sleepy and exhausted as the dark days dragged on. However, when spring came around in March, she was back to her usual self, lively and full of energy.

Then she discovered light therapy. It imitates light from the outdoors and can help create a good mood. Many people such as Strauss have found relief from sitting in front of a bright light box. But light therapy doesn't work for everyone. So, the solution may be to live in a place that has lots of sunshine, or maybe to put a large poster of an idyllic Caribbean beach on the wall of your home.

Source: New World Student Book 5

Vocabulary



- **Complain** (v.): express dissatisfaction or annoyance about something (บ่น)
- **Exhausted** (adj.): very tired (เหนื่อย)
- **Therapy** (n.): treatment intended to relieve or heal a disorder (การบำบัด)
- **Mood** (n.): a temporary state of mind or feeling (อารมณ์)
- **Relief** (n.): a feeling of reassurance and relaxation following release from anxiety or distress (การผ่อนคลาย)
- **Solution** (n.): a means of solving a problem or dealing with a difficult situation (วิธีแก้ปัญหา)
- **Idyllic** (adj.): like an idyll; extremely happy, peaceful, or picturesque (งดงาม)

