

ONLINE HOME DOCTOR

# MAY BLUE

Be careful after GW!

Explanation of causes and countermeasures to prevent May Madness.



# What is May Blue?

In Japan, this name is given because in April, the new fiscal year, there is an expectation of a new environment such as enrollment, employment, transfers, class changes, living on one's own, etc.

Although people are motivated, if they are unable to adapt to this environment, symptoms similar to depression often occur in some people starting around the end of Golden Week in May .

The medical diagnosis is "adjustment disorder" or "depression".

# What is Golden Week?

Holidays and national holidays are concentrated in the period from April 29th to May 5th, and this period (including weekdays and Saturdays) has come to be called Golden Week.



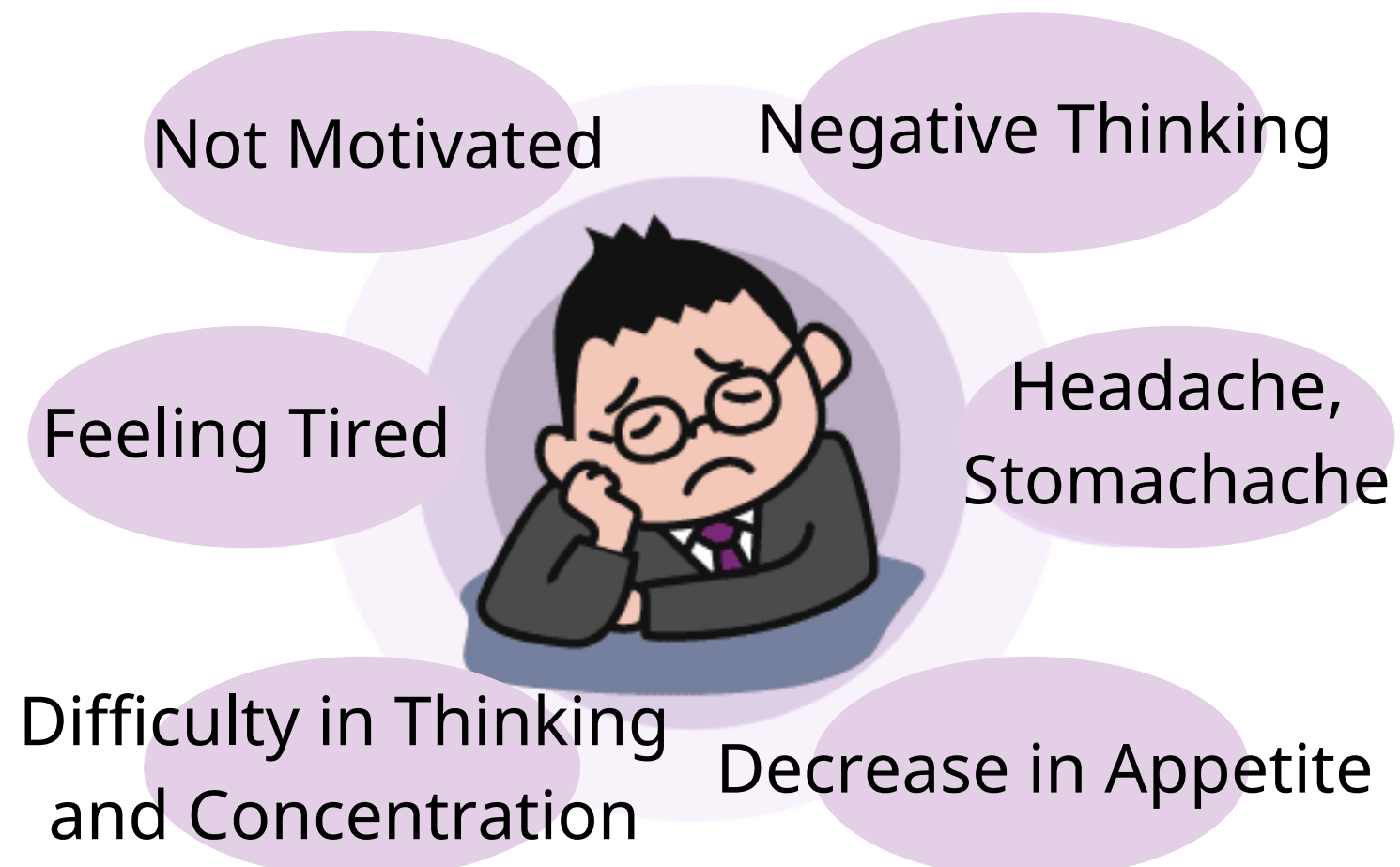
# What are the main symptoms?

- Depression
- Lethargy
- Anxiety and impatience

are characteristic symptoms.



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The most common complaints include insomnia, fatigue, loss of appetite, lack of motivation, and inability to interact with others.

# How to deal with May Blues?

- Let's relieve stress through conversation!
- Eat a well-balanced diet!
- Get a good night's sleep!
- Spend your off days - exercise!
- Prepare in advance before dealing with superiors and others around you

Create an environment that doesn't isolate you, and if you are having a hard time, don't keep it to yourself, [consult a specialist.](#)





If you have any health concerns,  
you can always consult with OH Dr.!

Don't keep it all to yourself.