

Embracing the Seasons:

Thriving Despite Seasonal Affective Disorder

What is S.A.D?



Seasonal affective disorder (SAD) is not just “the winter blues”, it’s a type of depression that’s related to changes in seasons. SAD begins and ends at about the same times every year.

For most people, symptoms start in the fall and last through the winter months. Less often do symptoms start in the spring through the summer.

Signs & Symptoms



In most cases, SAD symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer, or vice versa. In either case, symptoms may start out mild and become more severe as the season progresses:

- Feeling listless, sad or down most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having problems with sleeping too much
- Experiencing carbohydrate cravings, overeating & weight gain
- Having low energy & feeling sluggish
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having thoughts of not wanting to live

Causes of S.A.D.



Reduced sunlight



Lower serotonin



Circadian rhythm disruption



Melatonin imbalance

Treatment

Managing SAD involves a range of treatment options:

- Light therapy
- Medication
- Cognitive behavioral therapy
- Vitamin D supplements
- Lifestyle changes

Join our webinar on **October 30th, 2024 at 12-12:30 PM** to learn more about SAD is caused, how it impacts your day to day life and practical strategies to treat it. **Register [here](#)** or scan the QR code.

