Seasonal Affective Disorder

by NEWLIFEOUTLOOK TEAM

Understanding Seasonal Affective Disorder (SAD)

Seasonal affective disorder, or SAD, is a type of depression that usually strikes in fall and winter, and has a number of symptoms similar to those of major depression.

Symptoms of SAD include:

- Feeling irritable and struggling to get along with others
- Changes in appetite and gaining weight
- Feeling tired and sleeping more than usual
- Feeling like your extremities are heavy
- Feeling very emotional or sensitive, particularly about any type of rejection

If you notice your depression comes and goes with the changing seasons, SAD could be to blame. Discuss this possibility with your doctor.

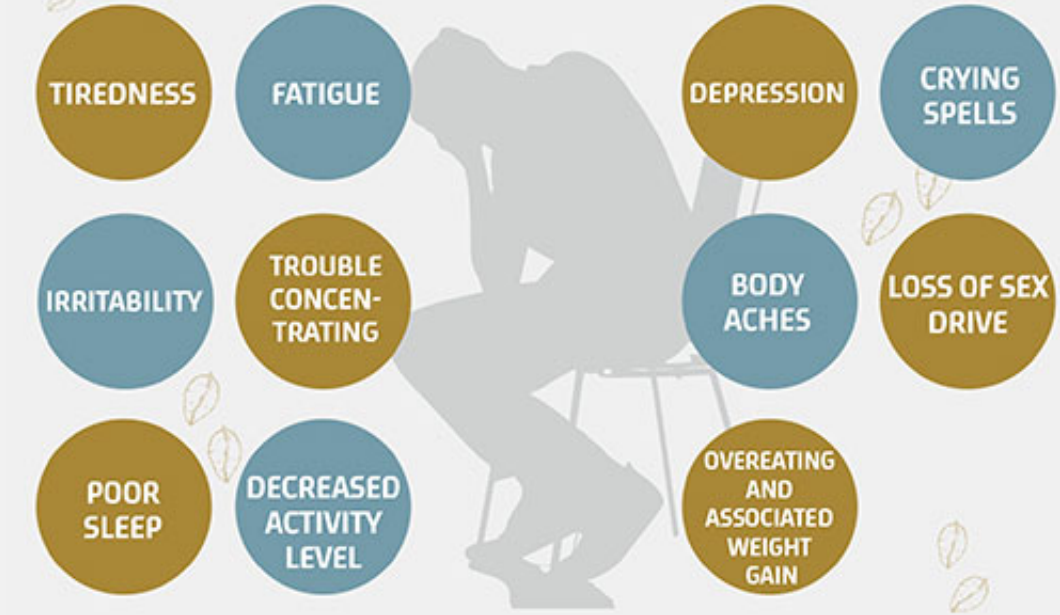
As well as the treatments your doctor recommends, getting regular exercise is a great way to reduce your stress levels and improve your mood. Additionally, try to get outside and spend time in some natural light, even though it's cold. If you can't cope with the temperatures, be sure to open your curtains and spend time sitting near a window.

Read on to learn more about Seasonal Affective Disorder.

From
Yellowbrick Program

Symptoms and Treatments

Symptoms of SAD



Treatments of SAD

1. Phototherapy, the exposure to natural or artificial (usually fluorescent light) for a period of time every day.
80% of SAD sufferers benefit from phototherapy, and show improvement within **2-4 days** of beginning treatment.





2. Temporary or permanent relocation to a more hospitable climate.



3. Therapy

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