



Wishing You a Brighter Mood this Holiday Season

As the seasons begin to change, many people experience changes in mood. Feeling low energy and moody for days at a time could be a case of the “winter blues” or Seasonal Affective Disorder (SAD). This type of depression is related to changes in the seasons and begins and ends about the same time every year. Most symptoms start in the fall and continue into the winter months.

Signs and Symptoms of SAD may Include:

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

It's best to plan ahead to help manage depression symptoms as they come along. Addressing symptoms early can often lead to quicker resolution and shortened duration of feeling down.

SAD Prevention Tips

- Get plenty of natural light. Open the curtains; go for a morning walk. Drink your coffee outside.
- Eat right. Avoid simple carbohydrates like sugary foods, white bread and pasta.
- Exercise regularly. Try to get 30 to 60 minutes of activity, most days.
- Connect with others often. Isolation can intensify SAD symptoms.
- Take up a hobby. Having something to look forward to can help improve your mood.
- Maintain a healthy sleep schedule.
- Talk to your doctor about treatments such as light therapy, counseling or medication.

If you or someone in your family is dealing with symptoms of Season Affective Disorder, your EAP is here to help. Reach out for more information and support.