

# Are You SAD? Know the Signs and How to Deal With Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that is related to changes in the seasons. It is most common during the fall and winter but can also happen in the spring or summer. Symptoms can get worse as the season goes on.



## Fall/Winter SAD

- Oversleeping
- Weight Gain
- Tiredness/Low Energy

## Treatments for SAD

- One on one counseling
- Spend time with friends/family
- Light exercise
- Practicing mindfulness
- Light therapy-using a special light box daily to improve mood
- Medications



## Spring/Summer SAD

- Trouble Sleeping (insomnia)
- Weight Loss
- Increased Anxiety

If you think you may have SAD, talk with your health care team to get the treatment that is right for you.

To find additional resources, visit:  
<https://bit.ly/3m7Wnw2>

For more information or to file a grievance, please contact:

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