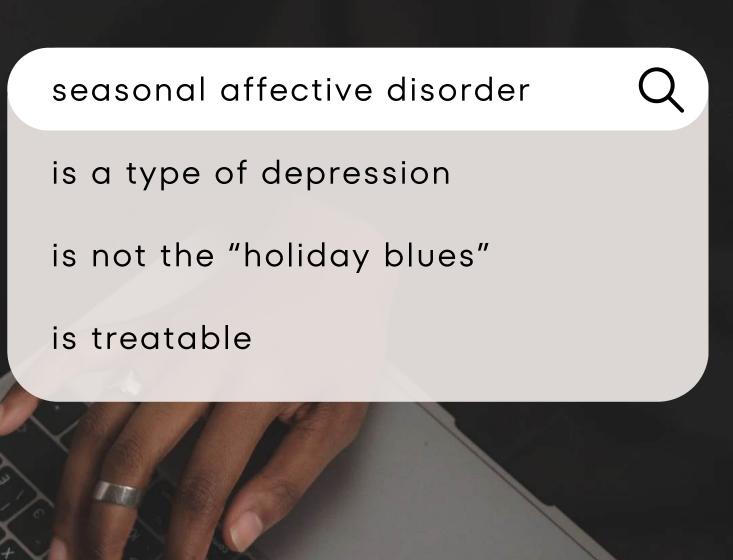
Seasonal Allective Wisorder

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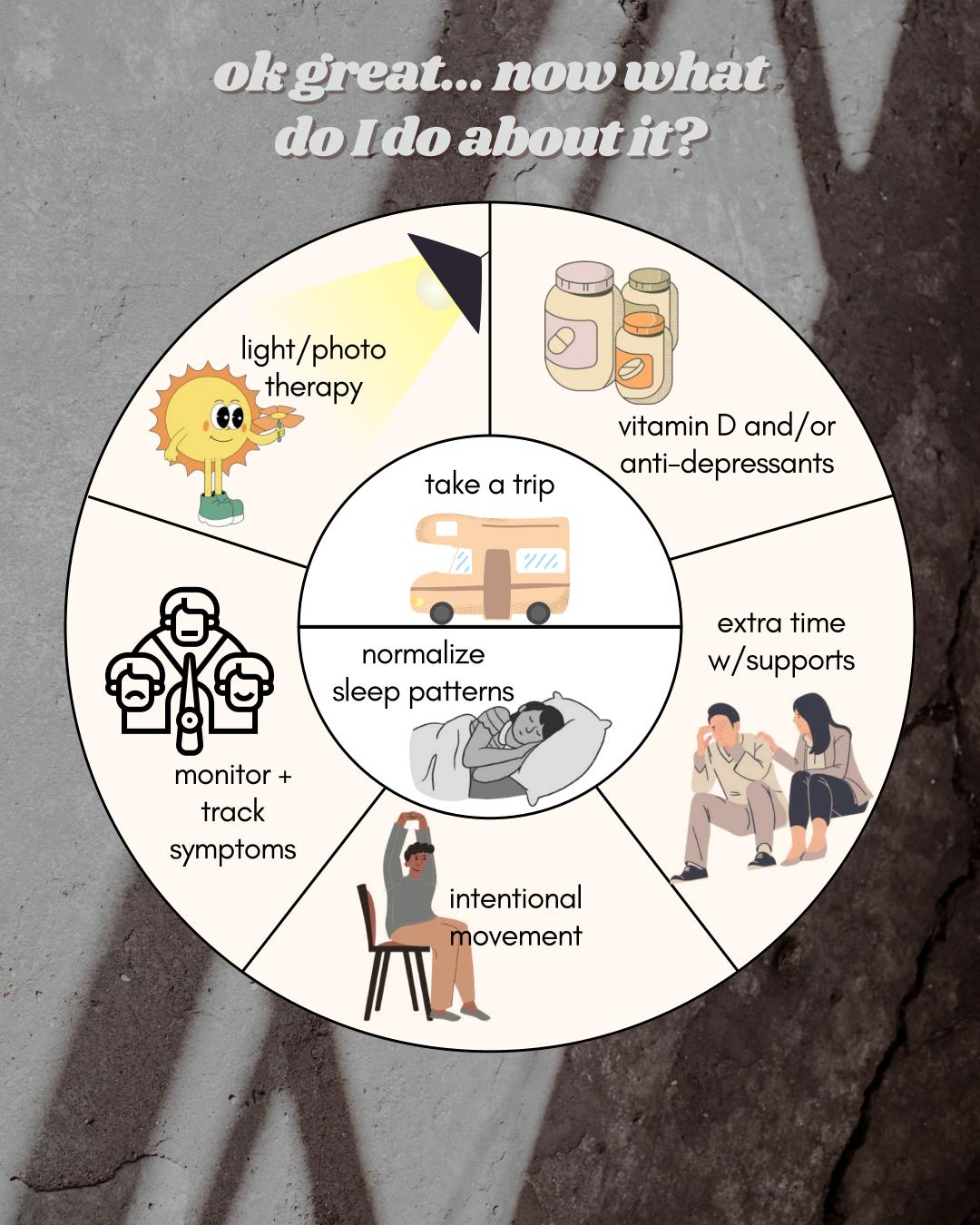




hopeless/sadness/empty/anxious for at least 2 weeks thoughts of self-harm/suicide oversleeping change in appetite (particularly, craving for sweet or starchy foods) weight gain heavy feeling in arms or legs

SCHOOL SON WHEN THE WAY

drop in energy level
decreased physical activity
difficulty concentrating
irritability
increased sensitivity to social
rejection
avoidance of social situations
physical aches/pains not responsive
to treatment



okgreat... now what do I do about it?

light boxes are used to filter out UV light; use daily for 30–45m in the mornings from fall to spring

Buproprion is approved specifically for its effectiveness at preventing recurrence of SAD episodes

proven in some cases to be as effective as light therapy

vitamin D has been

log any dips in your mood or energy in a planner or on your phone as well as any responses to activities or treatments you try to manage symptoms

travel near or far- alone or with supports, somewhere new or familiar, somewhere warm or with something to get excited about

regulating your circadian rhythms will give your body a fighting chance at producing melatonin and keeping your chemistry in check

going for walks, stretching, intentional movement (parking far away, playing with kids), going ice skating, taking new exercise classes snuggle with
pets/kids/loved
ones or carve
out time for
friends. Play
games, schedule
phone calls, plan
social outings,
schedule selfcare
appointments

What You Might Not Know About Seasonal Affective Disorder

THE CAUSE IS UNKNOWN

Correlations exist between people who have "trouble regulating their levels of serotonin", people who produce "less Vitamin D in response to sunlight", (which is also less frequent in fall/winter), and people who have SAD

IT CAN BE MISDIAGNOSED

Some commonly "misdiagnosed conditions are hypothyroidism, hypoglycemia, or a viral infection such as mononucleosis"

PATTERNS CAN BEGIN IN SPRING/SUMMER

The most common pattern begins in fall/winter and remits in spring, however SAD can occur in late spring/early summer and remit in the fall

RISK FACTORS

People living far north or south of the equator, "people with a family history of other types of depression", people with depression or bipolar disorder, and women all stastically have a higher prevalence of SAD cases

PREVENTION

If you have a history of this disorder, it's likely you will benefit more by starting any treatments before these patterns develop to help prevent symptom escalation

So, when the Bers hit...

(September, October... you get it)

GRABYOUR TOOLKIT.

