

*Seasonal
Affective
Disorder*

& You

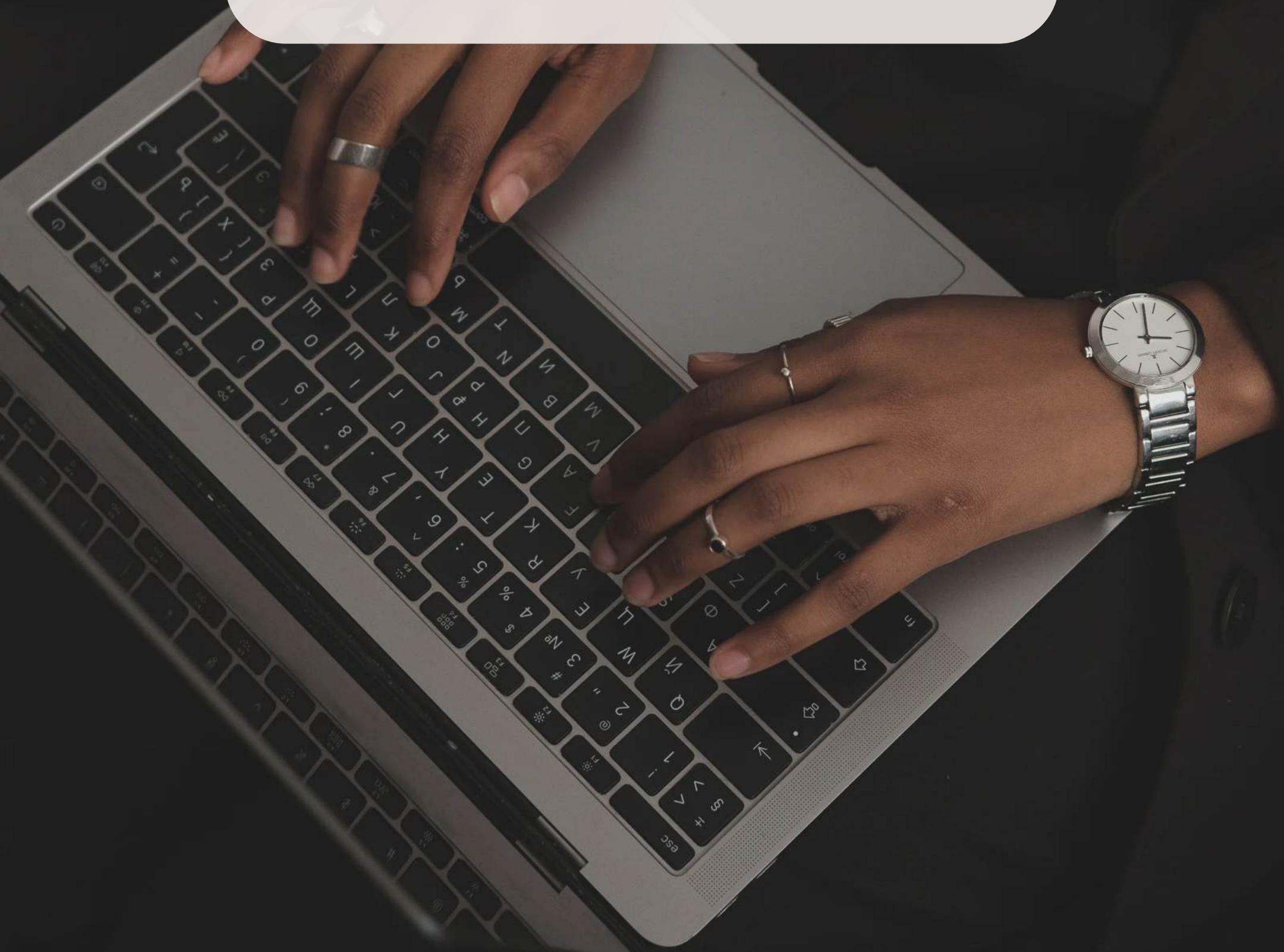
seasonal affective disorder



is a type of depression

is not the "holiday blues"

is treatable



Know your symptoms.

summer SAD symptoms

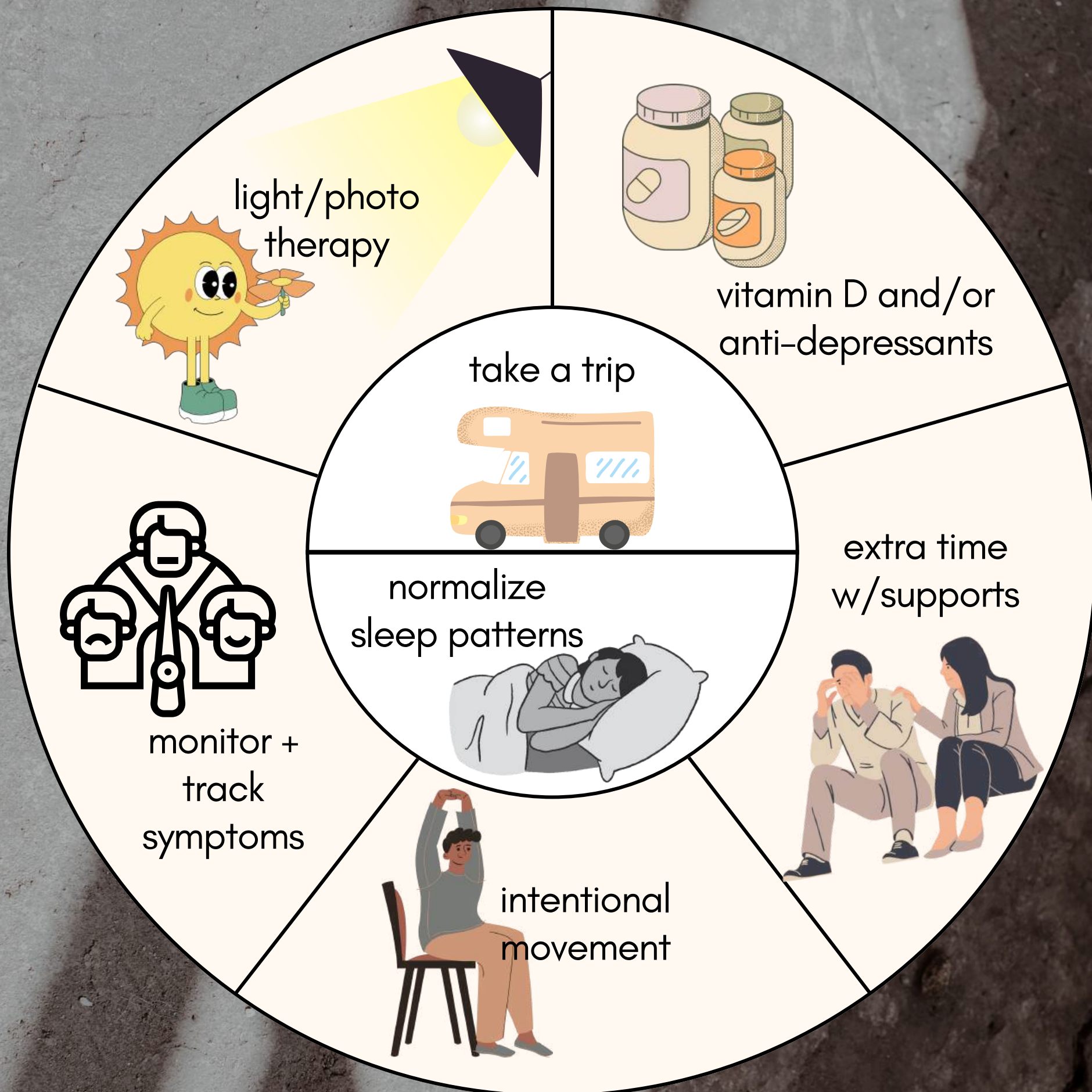
poor appetite
weight loss
insomnia
agitation
anxiety

winter SAD symptoms

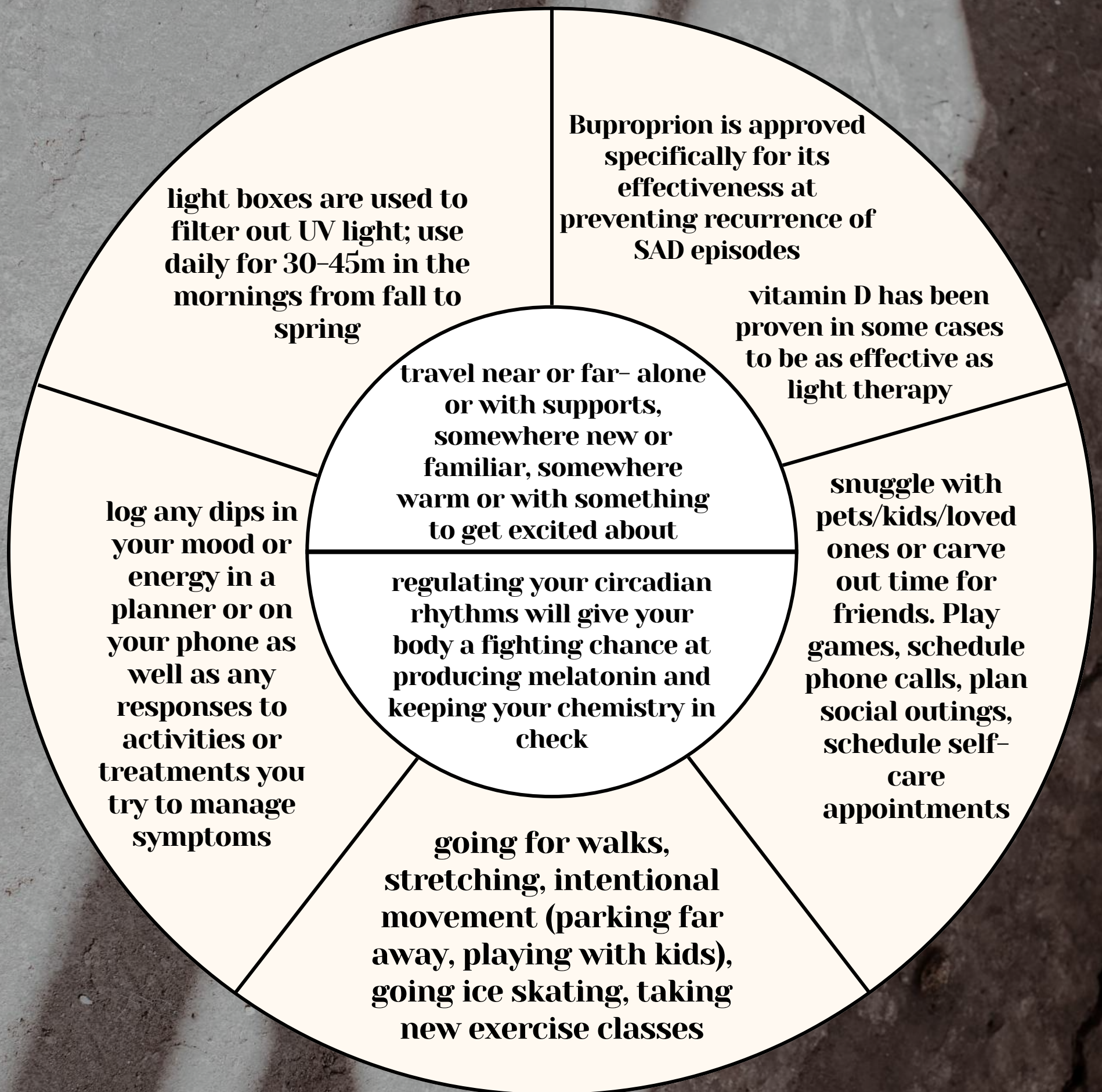
feeling
hopeless/sadness/empty/anxious for
at least 2 weeks
thoughts of self-harm/suicide
oversleeping
change in appetite (particularly,
craving for sweet or starchy foods)
weight gain
heavy feeling in arms or legs

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

*ok great... now what
do I do about it?*



ok great... now what do I do about it?



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 statically 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)

GRAB YOUR TOOLKIT.

