

# Mental Health TIP OF THE MONTH



## Seasonal Affective Disorder

### What is it?

**Seasonal Affective Disorder (SAD)** is a type of depression that occurs at specific times of the year, most commonly during the fall and winter months when there is less natural sunlight. It is characterized by a range of symptoms that can affect mood, energy levels, sleep patterns, and daily activities. SAD typically begins and ends around the same time each year, with symptoms improving as the season changes, often in the spring or summer.

### What do I do?

**According to the National Institute of Health, movement 3x per week reduces 1/4 of depressive episodes.**

#### Movement

- changes brain chemistry without any harmful side effects.
- improves sleep
- increases self efficacy.

### Let's Move!



### Check In

How does movement impact you?