



WEEKLY NEWSLETTER



Seasonal Affective Disorder (SAD)

Aliyah Kath

Is the weather change affecting your mood? With the change of seasons, often comes changes in mood. While this is common and is often not a serious issue, it is something to be mindful of as it could be signs of something more difficult to cope with.

Seasonal Affective Disorder (SAD) is a specific type of depression that is connected to the changes in seasons (Mayo Clinic, 2021). Some symptoms of SAD include: feeling sad or down most days for a majority of the day, loss of interest in previously enjoyable activities, changes to sleeping patterns and appetite, and feeling hopeless more often than not. Typically these symptoms begin in the fall and continue throughout the winter, and they begin to resolve when the spring weather comes. In some cases, the depressed moods come during the spring and summer and resolve in the fall and winter

(Mayo Clinic, 2021).

Treatments for SAD include Cognitive Behavior Therapy, lifestyle interventions, and increased exposure to natural light

(Galima et al., 2020). If you are feeling a change in energy and mood, please talk about this with your counselor in your next session. Your counselor will be able to support you during this time.

References:

Galima, S. V., Vogel, S. R., & Kowalski, A. W. (2020). Seasonal affective disorder: common questions and answers.

American family physician, 102(11), 668-672.

Seasonal affective disorder (SAD) - Symptoms and causes. (2021, December 14). Mayo Clinic. Retrieved October 5, 2022,

from <https://www.mayoclinic.org/dis...>

- Krippa Family Psychological & Wellness Services offers a variety of Groups, for children, teens and adults

GROUP THERAPY:

- Anxiety & Depression Group for tweens (11-13)
- Teen Anxiety & Depression Group (14-15)
- Teen Anxiety & Depression Group (16-18)
- Teen Empowerment & Growth Group
- Teen Social Club
- Parenting Support Group
- College 101
- INTENSIVE OUTPATIENT PROGRAM (11-18)



KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

College Life 101

A GROUP FOR YOUNG ADULTS WHO ARE NAVIGATING COLLEGE AND INDEPENDENCE

College life- ready or not, it's here! In early adulthood you face big changes, especially when you are in college. We will tackle topics such as navigating new spaces, building new connections, safe partying, organizational and study skills, self-care, and setting yourself up for future success.

50 per session
\$200 Deposit (4 sessions)
Virtual with Kerri Shiflett, LCMHC
Fridays at 10am beginning 9/16/22
Call: (919) 893-9444 or visit
NCPsychologist.Com/Group-Therapy to register.



KRIPPA FAMILY PSYCHOLOGICAL & WELLNESS SERVICES

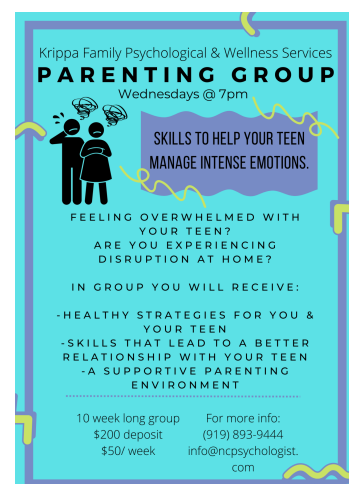
SOCIAL ACTIVITIES CLUB

Many teens have difficulties interacting in social settings and making friends. Our group helps facilitate this process through bi-weekly social events.

\$20 PER MEETING

EVERY OTHER FRIDAY (2-3) TIMES A MONTH
4-5PM
547 KEISLER DR UNIT 202
CARY, NC 27518

CONTACT STEPHANIE BY CALLING (919) 893-9444 PRESS 5
EMAIL STEPHANIE@NCPsychologist.COM
VISIT [HTTPS://NCPsychologist.COM/GROUP-THERAPY](https://ncpsychologist.com/group-therapy)



Krippa Family Psychological & Wellness Services

PARENTING GROUP

Wednesdays @ 7pm

SKILLS TO HELP YOUR TEEN
MANAGE INTENSE EMOTIONS.

FEELING OVERWHELMED WITH YOUR TEEN?
ARE YOU EXPERIENCING DISRUPTION AT HOME?

IN GROUP YOU WILL RECEIVE:

- HEALTHY STRATEGIES FOR YOU & YOUR TEEN
- SKILLS THAT LEAD TO A BETTER RELATIONSHIP WITH YOUR TEEN
- A SUPPORTIVE PARENTING ENVIRONMENT

10 week long group \$200 deposit \$50/ week

For more info: (919) 893-9444 info@ncpsychologist.com

To learn more about any of our Groups and to enroll please call us at 919-893-8444 or email us at info@ncpsychologist.com. Visit us at www.ncpsychologist.com and our Facebook and Instagram pages: Krippa Family Psychological & Wellness Services.

[Website](#)

Krippa Family Psychological & Wellness Services

547 Keisler Drive Suite 202, Cary
200 East St, Pittsboro

919 893 9444

109 Holleman St, Apex

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

