



Know the signs of depression

SEASONAL AFFECTIVE DISORDER (SAD) is more than just a seasonal funk. It's a type of clinical depression that comes and goes with the seasons, typically beginning in late fall or early winter and easing up in spring or summer.

Like other types of depression, SAD is not a casual diagnosis. It can make you feel intensely sad, hopeless and helpless. Winter episodes might also make you:

- **Feel sluggish**
- **Sleep more than usual**
- **Withdraw socially**
- **Overeat or gain weight**

If you experience symptoms like these for two weeks or longer, especially if you are having thoughts of death or suicide, it's time to talk with your doctor.* The good news is that SAD is treatable, and the earlier treatment starts, the more likely it is to work.

Light therapy, behavioral therapy, and vitamin D and other medications can be effective. Also, regular exercise can help, as does support from friends and family. So reach out to the people around you who can help lift your spirits.

Remember, SAD is a serious condition, so don't be afraid to get the help that you deserve.

Tip:

It's not too late to schedule a sunny vacation this winter. It may be just what the doctor ordered to boost your mood, energy and vitamin D.



*If you or someone you know is thinking about suicide, seek help right away. To talk with a trained counselor, you can call the National Suicide Prevention Lifeline any time at **1-800-273-TALK** (1-800-273-8255). If you or someone you know is in immediate danger, call 911 — or go to the closest emergency room.

CLICK THE LINK TO TAKE A SHORT QUIZ FOR PROOF OF COMPLETION:
<https://www.surveymonkey.com/r/QLP57FB>