

Wintertime Blues & Seasonal Affective Disorder



Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons—seasonal affective disorder (SAD) begins and ends at about the same times every year. If you are like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months. People with SAD may have low energy and feel sluggish, have problems over sleeping, experience appetite changes and/or gain weight, having difficulty concentrating, and others.

Some simple habits for reducing symptoms of SAD:

- Go Outside
- Get Vitamin D
- Exercise
- Socialize
- Light Therapy
- Seek Help (Reach out to your PCP or your HTC Social Worker)

For more information: [Seasonal affective disorder \(SAD\) - Symptoms & causes - Mayo Clinic](#)

If you would like more information or want to speak with your HTC Team about Wednesday Wellness, please contact Diane or Alicia at (208) 381-2782.