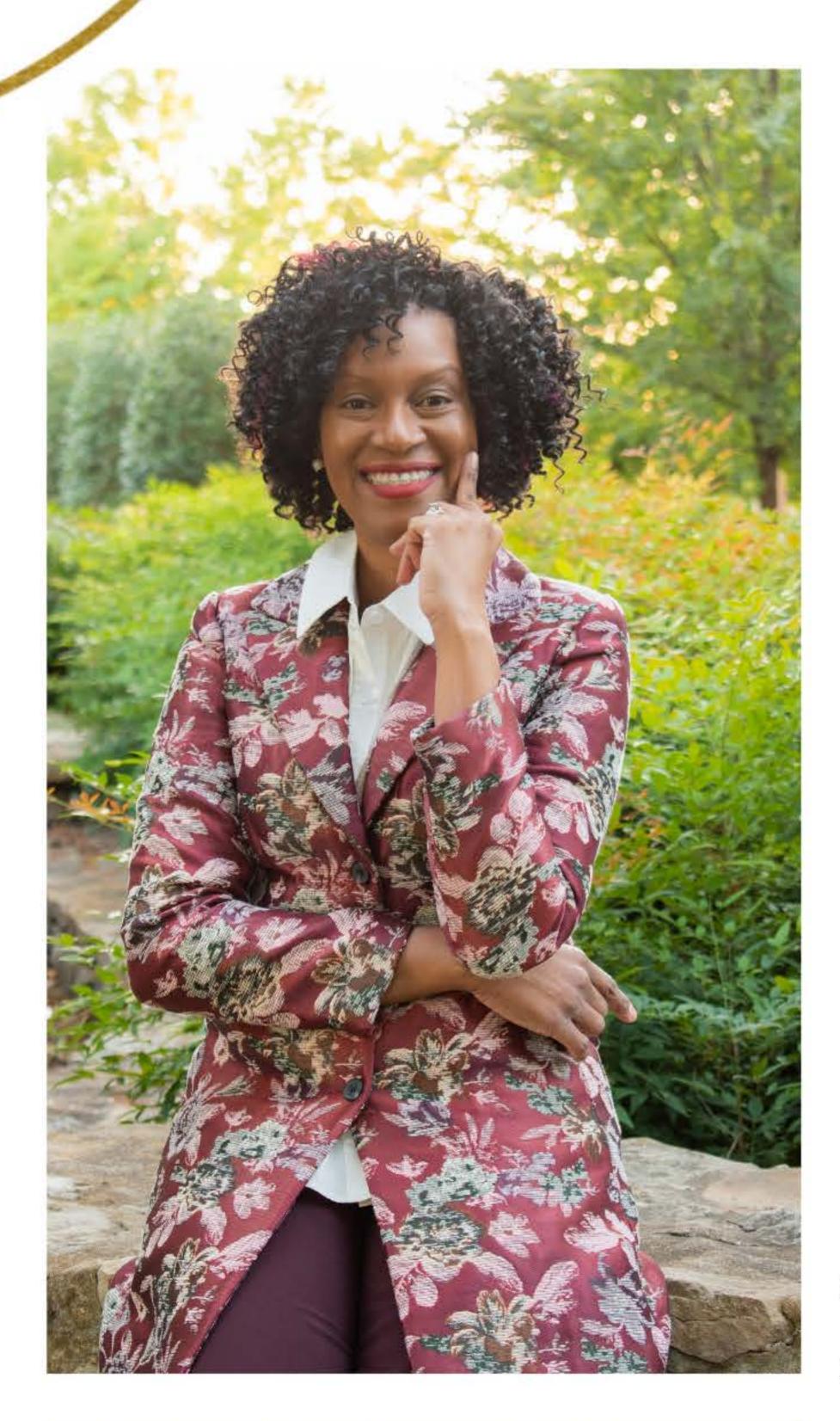
POSITIVE NOTES FALL 2021

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WAYS TO RECOGNIZE SEASONAL AFFECTIVE DISORDER (SAD)/ DEPRESSION

Seasonal Affective Disorder (SAD) is a very common form of depression, which is more prevalent during this time of year (late fall or early winter). It may go away during spring and/or summer.

The symptoms of SAD are:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping or oversleeping
- Experiencing changes in your appetite or weight, including weight gain
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide (Mayo Clinic)

If you are experiencing these symptoms, (especially five or more, within a two-week period,) it is best to consult a therapist, who can conduct assessments and help you manage these emotions. Your therapist may suggest you see a physician for a wellness exam and/or to explore getting on medication, to help stabilize your mood.

Tips: