



## 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:

\*Show yourself grace

\*Ask for help

\*Engage a healthy support system, who will encourage you

\*Maintain a healthy diet/stay hydrated

\*Journal/Draw/ Paint

\*Meditate

\*Exercise

\*Journal

\*Do yoga

## Marie Abraham-Robinson -Licensed Marriage and Family Therapist



*M Robinson*  
C O U N S E L I N G L L C

4806 N. PERKINS ROAD, STILLWATER, OK  
74075 |  
(405) 714-7160

WWW.MROBINSONCOUNSELING.COM