

HEALTH NEWSLETTER

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What is Seasonal Affective Disorder or SAD?

Do you ever find that the weather can impact your mood? You know, when summer approaches and the sun casts a glow, from beautiful green landscapes to streets and shiny lakes. This often uplifts spirits and brings a sense of happiness. However, a few months later, as the beautiful blue skies and sunshine gradually fade away, you may suddenly find yourself looking out the window at grey skies and gloomy weather. Days become shorter, and daylight diminishes. People, much like the changing weather, can also experience a change towards a slightly more dark mood.

Seasonal Affective Disorder (SAD) is a type of depression that typically occurs during specific times of the year. As mentioned earlier, the shorter days and reduced daylight trigger a chemical change in the brain, leading to symptoms of depression. Typically, seasonal disorder sets in at the beginning of fall and intensifies from December through February.

Signs and symptoms of SAD



There are many signs and symptoms that can result from Seasonal Affective Disorder. Someone experiencing these signs will typically feel more tired than usual, feel moody or irritable and they will tend to lose pleasure in normal day to day activities. They also significantly reduce interactions with people and may feel a sense of guilt and isolation.

Other consequences of SAD include the change of sleeping habits - people often find it harder to get up in the morning because they sleep for longer hours. As there is a change with sleeping habits, individuals tend to feel more hungry and crave unhealthy foods. The lack of energy and overeating can occur and result in weight gain as well.

The importance of treating Seasonal Affective Disorder

People often find themselves questioning why these signs and symptoms are taking over their lives. It is not always easy for individuals to have control over their lives. However, it is important to treat SAD when you start feeling that depression is limiting your ability to find pleasure in things that used to make you happy, restricting your sense of enjoyment around family and friends, and causing a loss of focus at work.

Below, you will find things that you can do at home and outside to help you fight SAD :

- Seek natural sunlight by opening curtains and blinds to take a look outside if possible; sitting near a window can be helpful.
- Prioritize social gatherings or activities by planning with people who are close to you.
- Try sticking to a schedule - by sleeping at the same time every day and eating around the same time, this can help improve your sleeping habits and avoid overeating during the day.
- Consider investing in SAD lamps- In resources used, you will find consumer reviews about SAD lamps and a description about how this item can be beneficial for people suffering from SAD.
- According to the *National Center for Complementary and Integrative Health*, Vitamin D supplements can help lower SAD symptoms. Reach out to your doctor to ensure it is safe for you to consume these supplements.
- Talk about it - Seek therapy or talk to people you trust and who are there to listen to you.



Click on link below :

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SAD Lamps



Resources used

<https://www.everydayhealth.com/depression/treatment/ways-to-ease-seasonal-depression>

<https://www.nhs.uk/mental-health/conditions/seasonal-affective-disorder-sad/treatment/>

<https://www.consumertestedreviews.org/best-seasonal-sad-lamps/?g>