# S.A.D.

## If you have noticed significant changes in your mood and behavior whenever the seasons change, you may be suffering from Seasonal Affective Disorder (SAD)

SAD is not considered a separate disorder but is a type of depression characterized by its recurrent seasonal pattern, with symptoms lasting about 4 to 5 months per year. For most people with SAD, symptoms begin in the fall and winter months, sapping energy and increasing moodiness. These symptoms often resolve during the spring and summer months. Less often, SAD causes depression in the spring or early summer and resolves during the fall or winter months.

Don't brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk to tough out alone. Take steps to keep your mood and motivation steady throughout the year. Treatment for SAD may include light therapy, psychotherapy, antidepressant medications, and Vitamin D.

SAD occurs much more often in women than in men, and it is more common in those living farther north, where there are shorter daylight hours in the winter. The symptoms of SAD may look like other mental health conditions. Always see a healthcare provider for a proper diagnosis and treatment.

People who have bipolar disorder are at increased risk of S.A.D. For some, episodes of mania may be linked to a specific season.

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