SEASONAL AFFECTIVE DISORDER (SAD)

The average age for people who suffer from SAD is 18 to 30, but it can affect anyone.

10 million Americans are affected, and another 1 to 2 million have mild SAD episodes.

Fewer than 40 percent of people who need help actually seek help.

9 out of 10 people with mental health issues experience stigma and discrimination.

Symptoms of SAD

- Fatigue
- Weight Gain
- Poor Sleep
- Hopelessness
- Overeating
- Irritability
- Crying Spells
- Body Aches
- Tiredness
- Decreased Activity
- Trouble Focusing
- Depression

5 Ways to Fight SAD

1. Let the light in
   Light therapy, delivered by a device that contains white fluorescent light tubes covered by a plastic screen to block ultraviolet (UV) rays, can help treat SAD. Sit by the light for 15-30 minutes, 2-3 times per day.

2. Exercise outside
   Fresh air can help make you feel better, and exercise releases the feel-good hormone, dopamine. Win-win!

3. Use mind/body therapies
   Practicing meditation, yoga, tai chi or even deep breathing greatly alters brain function and improves the quality of thoughts and feelings.

4. Shift your thinking
   While SAD is biological, studies show changing your thoughts and behavior can alleviate symptoms. When you’re feeling down, combat those feelings by doing something social or starting a new hobby.

5. Get help
   If your SAD symptoms are severe, your doctor may prescribe you antidepressant medication.

Information provided by Henry Ford Health System.