SEASONAL AFFECTIVE DISORDER TEXT VERSION

Seasonal Affective Disorder (SAD)

SAD by the numbers

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 needed help actually seek help. 9 out of 10 people with mental health issues experience stigma and discrimination.

Symptoms of SAD include fatigue, weight gain, poor sleep, hopelessness, overeating, irritability, crying spells, body aches, tiredness, decreased activity, trouble focusing, and depression.

Five ways to fight SAD

1. Let the light in
2. Exercise Outside
3. Use Mind/Body Therapies
4. Shift your thinking
5. Get help