

SUNDAY MORNING Health Corner

Coping with Seasonal Depression

Seasonal depression is a form of depression that is also known as seasonal affective disorder (SAD). It is triggered by the season change and often begins in autumn.

Is seasonal affective disorder (SAD) common?



About 5% of adults in the United States suffer with SAD. It typically begins in early adulthood (usually between the ages of 18 and 30).

Symptoms & Causes



Seasonal affective disorder is characterized by mood swings and depressive symptoms, including but not limited to the following:

- Sadness, feeling depressed most of the day, almost every day
- Anxiety
- Cravings for carbohydrates and weight gain
- Extreme exhaustion
- Feelings of despair and worthlessness
- Difficulty concentrating
- Experiencing irritation or agitation
- Arms and legs that feel sluggish

Management and Treatment



Your physician will discuss available treatment options with you. You may require multiple treatments, including but not limited to the following:

- Light therapy
- Spending time outdoors
- Cognitive behavioral therapy (CBT)
- Antidepressant medication



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