



Symptoms of SAD may include:

- Sadness
- Gloomy outlook
- Feeling hopeless, worthless, and irritable
- Loss of interest or pleasure in activities you used to enjoy
- Low energy
- Difficulty sleeping or oversleeping
- Carbohydrate cravings and weight gain
- Thoughts of death or suicide

SAD is more common in women, young people, and those who live far from the equator. You are also more likely to have SAD if you or your family members have depression.

The exact causes of SAD are unknown. Researchers have found that people with SAD may have an imbalance of serotonin, a brain chemical that affects your mood. Their bodies also make too much melatonin, a hormone that regulates sleep, and not enough vitamin D.

The main treatment for SAD is light therapy. The idea behind light therapy is to replace the sunshine that you miss during the fall and winter months. You sit in front of a light therapy box every morning to get daily exposure to bright, artificial light. But some people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce SAD symptoms, either alone or combined with light therapy.

Here are some additional resources:

- From the CDC, check out this [detailed information about SAD](#).
- Find [more information about treatment for SAD](#), from the Yale School of Medicine's [Winter Depression Research Clinic](#).
- Take a [SAD self-assessment](#), from the non-profit [Center for Environmental Therapeutics](#).
- SAD is just one form of depression, and depression can show up in different ways: here is a list of [ten surprising signs of depression](#).

If some of these signs/symptoms sound familiar, or if you're struggling and unsure of what to do next, reach out to the EAP for support, at 1-877-313-4455 or [online](#).

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## Upcoming Live Webinars

### **Orientation to the Employee Assistance Program (EAP)**

Wednesday, November 17, 2021 -- 2:00 p.m. - 2:30 p.m. [Click to Register](#)

### **Strategies for Stress Management\***

\*November and December dates to be announced soon.

Visit the [Webinars](#) page for detailed information about our live and on-demand webinars.

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