# Seasonal Affective Disorder

by NEWLIFEOUTLOOK TEAM

## Understanding Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that usually happens in fall and winter, and can cause heightened anxiety. If anxiety is the most prominent symptom, this condition is sometimes called seasonal anxiety disorder. However, depressive symptoms are most likely.

Symptoms of SAD include:

- Feeling irritable and struggling to get along with others
- Changes in appetite and gaining weight
- Feeling tired and sleeping more than usual
- Feeling like your extremities are heavy
- Feeling very emotional or sensitive, particularly about any type of rejection

Spending more time outside in natural light, or at the very least spending time near a window, is one of the best ways to combat SAD. Regular exercise and eating well are also important steps to take to boost your mood, in addition to any treatments recommended by your doctor.

Read more about SAD below.

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# Symptoms and Treatments

## Symptoms of SAD

- TIREDNESS
- FATIGUE
- DEPRESSION
- CRYING SPELLS
- IRRITABILITY
- TROUBLE CONCEN-TRATING
- BODY ACHES
- LOSS OF SEX DRIVE
- POOR SLEEP
- DECREASED ACTIVITY LEVEL
- OVEREATING AND ASSOCIATED WEIGHT GAIN

## Treatments of SAD

1. Phototherapy, the exposure to natural or artificial (usually fluorescent light) for a period of time every day.
**80%** of SAD sufferers benefit from phototherapy, and show improvement within **2-4 days** of beginning treatment.

2. Temporary or permanent relocation to a more hospitable climate.

3. Therapy

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