Infographic: Seasonal Affective Disorder

by NEWLIFEOUTLOOK TEAM

Understanding Seasonal Affective Disorder (SAD)

Seasonal affective disorder, or SAD, is a type of depression that appears in fall and winter and improves when spring arrives.

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 and very emotional or sensitive, particularly about any type of rejection

People with seasonal bipolar disorder – about 20% of people with bipolar – experience worse symptoms in the fall and winter months, but this is not the same as SAD. A person with SAD experiences only depression, whereas a person with seasonal bipolar experiences both manic and depressive episodes, which get worse with the changing weather.

However, it is more likely for a person with bipolar to go through a depressive episode during fall and winter.

Learn more about SAD below.

From
Yellowbrick Program

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

YELLOWBRICK