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.

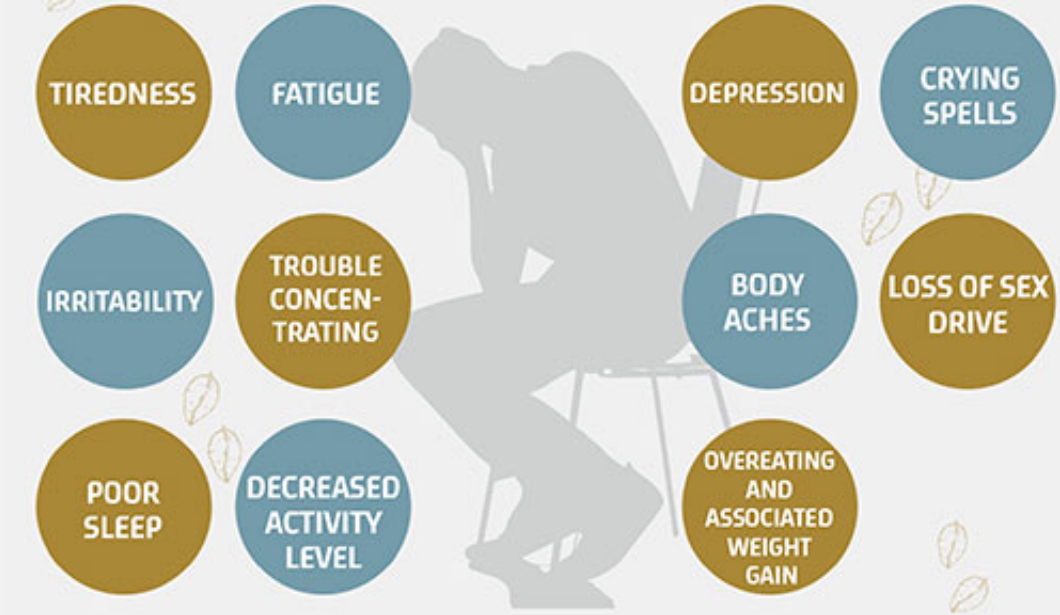
However, it is more likely for a person with bipolar to go through a depressive episode during fall and winter.

Learn more about SAD below.

From
Yellowbrick Program

Symptoms and Treatments

Symptoms of SAD



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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