



EFR EMPLOYEE & FAMILY RESOURCES

Seasonal Affective Disorder



Seasonal Affective Disorder, commonly referred to as seasonal depression or SAD, is a type of depression related to seasonal changes. The occurrence of SAD is most common in the late fall or early winter, however SAD can also onset during the spring and summer months. As we approach winter, with less hours of sunlight and colder temperatures, watch for signs and symptoms of SAD in yourself and your loved ones.

While only about 5% of the U.S. adult population is diagnosed with SAD, it likely affects a greater number of people as the diagnosis process can be lengthy. To be diagnosed with SAD you must present consistent major depression symptoms that change with the seasons for at least two years.

The exact cause of SAD is unknown; however, SAD is linked to changes in circadian rhythm, serotonin, and melatonin levels, which are often impacted by the change of seasons.

SAD can impact anyone at any age, though women are four times more likely than men to be diagnosed with SAD. Other risk factors for

SAD include; having a family history of mental illness, having Major Depression or Bipolar Disorder, and living far from the equator.

KNOW THE SIGNS

The symptoms of SAD coincide with Major Depression plus the addition of winter or summer pattern symptoms.

Winter Pattern Symptoms

- Low energy
- Hypersonmia
- Overeating
- Weight gain
- Social withdrawal

Summer Pattern Symptoms

- Poor appetite with associated weight loss
- Insomnia
- Agitation
- Restlessness
- Anxiety
- Episodes of violent behavior

If you believe that you or someone you know is struggling with SAD, click [here](#) for more information on Seasonal Affective Disorder.



WELLNESS

Reduce, Reuse, Recycle

In addition to taking care of our pets, our families, and ourselves, it is important to also take care of the space around us. The air, water, and land impact our daily lives and should be treated with respect.

Click [here](#) to download the December Monthly Motivator

Announcing our 2020 Monthly Motivator Themes!

The New Year is around the corner and it's never too early to plan your 2020 wellness events and activities! Let our Monthly Motivators provide you with programming ideas and take advantage of the ready-to-go resources available through EFR each month! Here is the month-by-month preview of our 2020 Motivators!

January: Jump-Start the New Year with well-being challenges

February: Focus on fitness with weekly target goals

March: Incorporate mindfulness in everything you do this month

April: Focus on positive attitudes at work and at home

May: Celebrate Mental Health Awareness Month with daily challenges to promote emotional well-being

June: Fun, weekly challenges that add joy to your life and the lives of your family and friends

July: Journey through the dog days of summer with fun, adventurous activities

August: Daily challenges to keep you moving as summer winds down

September: Strive for less stress and more peace

October: Kick it in the great outdoors and enjoy fun, fall festivities

November: Keep it nice and be thankful during the month of Thanksgiving

December: Dream big as you close out 2020 by hitting your final wellness goals



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