

# SEASONAL AFFECTIVE DISORDER

## KNOW THE FACTS

### 1. TEN MILLION

People are thought to be impacted by S.A.D. in the United States each year



### 2. ALL AGES

S. A. D. impacts people at any age but symptoms are most likely between the ages of 18-30



### 3. COMMON IN WINTER

Most severe during the months of December through February. However, S.A.D. can occur during the summer as well



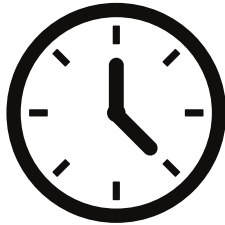
### 4. CHANGE IN SEASONS

As days become shorter, hours of daylight decrease impacting mood, energy, and sleep patterns



### 5. LACK OF SUNLIGHT

Disrupts our circadian rhythm. Our natural body clock is responsible for digestion/appetite, sleep quality and duration and our general mood



### 6. A FORM OF DEPRESSION

Symptoms include: lack of energy, problems sleeping, feelings of sadness, anxiety, feeling anti-social, mood swings, and problems concentrating



### 7. TREATMENT

Can include one or a combination of Light Therapy, Psychotherapy, Medication and Vitamin D



### 8. GET MORE INFO

If you think you are experiencing S.A.D., consult your doctor to help you determine the best course of treatment



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