

EMBRACING THE LIGHT:

SEASONAL AFFECTIVE DISORDER (SAD)

WHAT IS SEASONAL AFFECTIVE DISORDER?

SAD is a type of depression that's linked to the change in seasons, most often kicking in during the fall and winter months. With shorter daylight hours, our internal rhythms can get thrown off, leading to fatigue, irritability and feelings of hopelessness.

WHAT CAUSES IT?

Less sunlight = lower serotonin

Disrupted melatonin = poor sleep and fatigue

Results = low mood, irritability and lack of motivation

LIGHTEN UP: PRACTICAL TIPS TO COMBAT SAD

1 Let There Be Light

Open your curtains, take a daylight walk or try a light therapy box to boost your mood, even on the darkest days.

2 Move It, Move It

Physical activity like yoga, walking or dancing can lift your spirits, so find ways to stay active, even in winter.

3 Fuel Your Body, Feed Your Spirit

Nourish your body with nutrient-rich foods like omega-3s, and stay hydrated to support your mental health.

4 Connect With Loved Ones

Don't isolate—reach out to friends or family for a chat a laugh or even a virtual coffee date to lift your mood.

5 Professional Help

If SAD persists, consider seeking help from a healthcare provider—counseling or medication can make a big difference.



If you or a loved one are experiencing severe symptoms of Seasonal Affective Disorder, Franciscan Health is here to help.