

Beat The Winter Blues: Preventing Seasonal Affective Disorder



As the days get shorter and colder, many people notice a drop in energy and mood. This may be a sign of Seasonal Affective Disorder (SAD), a type of depression that typically appears during the fall and winter months. The good news is that there are simple steps you can take to help prevent and manage these feelings before they take hold.

What are the symptoms?

- Sadness, feeling depressed most of the day, almost every day.
- Anxiety.
- Carbohydrate cravings and weight gain.
- Extreme fatigue and lack of energy.
- Feelings of hopelessness or worthlessness.
- Trouble concentrating.
- Feeling irritated or agitated.
- Limbs (arms and legs) that feel heavy.
- Loss of interest in usually pleasurable activities, including withdrawing from social activities.
- Sleeping problems (usually oversleeping).
- Thoughts of death or suicide.



What can you do to prevent it?

1. Get as much natural light as possible.
2. Stay active.
3. Keep a consistent routine.
4. Connect with others.
5. Prioritize self-care.



If feelings of sadness or fatigue persist, consider speaking with a healthcare provider. Early recognition and simple lifestyle changes can help you stay healthy, positive, and energized all winter long.

For more information on preventing seasonal affective disorder, visit:
piedmont.org/living-real-change/5-ways-to-prevent-seasonal-depression



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