

Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression that follows the seasons. Typically, symptoms start in the fall and continue into the winter months, sapping energy and causing moodiness. Less often, seasonal affective disorder begins in the spring or early summer. SAD may be related to changes in the amount of daylight.

Symptoms of all depression types include loss of pleasure in favorite activities, reduced self-esteem, trouble sleeping or feeling refreshed, change of appetite, and feeling sad, anxious, grumpy or hopeless.

There is effective treatment for SAD so don't dismiss seasonal mood changes as just "the winter blues" or as something you need to bear or conquer on your own. As daylight hours rapidly diminish, now is the season to take especially good care of yourself.

This month brief, private, online screenings for depression are featured on [SEGIP health plan](#) and [LifeMatters EAP](#) (password: stmn1) websites.

Go to <http://www.mmb.state.mn.us/oct-dep-learn> for links to depression information and screening tools. The sooner it is addressed, the quicker the recovery from depression.