

Seasonal Affective Disorder (SAD)

Symptoms:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or in activities
- Fatigue and decreased energy
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Bad mood and upset



Tips:

- Call or text 988
- Rest, drink water and take a walk
- Spend time with loved ones
- Talk to a trusted friend or family member
- Remember, you are not alone



SAD is treatable. Talk to your health care provider or mental health specialist if you think you may be suffering from SAD.

For more information, visit: shorturl.at/GFf0a

