

**What causes SAD?**  
 According to the Mayo Clinic, there are a variety of factors that causes SAD including: Your circadian rhythm (biological clock. The levels of sunlight are reduced in the winter and fall, this might cause the onset of SAD. Serotonin Levels. The brain is still a mystery to us largely. A drop in this neurotransmitter may play a role in SAD.

**How to Beat Seasonal Affective Disorder**

- Light Therapy
- Maximizing Sunlight
- Exercise Regularly
- Consistent Sleep

**What is Seasonal Affective Disorder?**  
 Seasonal affective disorder (SAD) is a type of depression triggered by changes in seasons, typically starting in late fall or winter. In no way is SAD cool. Additionally, I think SAD is further exacerbated by living in Austin where seasonal allergies kick in when many people are already experiencing SAD. It's a double whammy.

**How to Beat Seasonal Affective Disorder**

- Prioritizing Social Interactions
- Medications
- Vitamin D
- Therapy

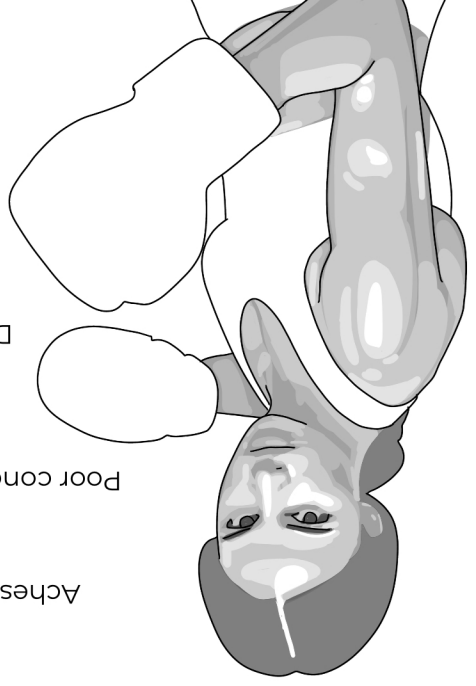
**Wanna kick some ass?**  
 Hi, my name is Karen Goldsum and I am a therapist Associate, supervised by Elaine Brandon




[Learn more here](#)

**What are the symptoms of SAD?**

- Increased anxiety
- Feeling empty
- Insomnia
- Difficulty waking
- Daytime fatigue
- Hopeless
- Feeling excessively guilty
- Aches and pains
- Poor concentration
- Depression
- Mood swings
- Anger and irritation



**Beating Seasonal Affective Disorder**

