

What are the symptoms of SAD?

Increased anxiety

Feeling empty

Aches and pains

Poor concentration

Insomnia

Difficulty waking

Daytime fatigue

Hopeless

Anger and
irritation

Mood
swings

Depression



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 what way is SAD cool?

Your circadian rhythm (biological clock. The levels of sunlight are reduced in the winter and fall, this might cause the onset of SAD.

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.

What causes SAD?

According to the Mayo Clinic, there are a variety of factors that causes SAD including:

How to Beat Seasonal Affective Disorder

Prioritizing Social Interactions

Medications

Vitamin D

Therapy

Light Therapy

Maximizing Sunlight

Exercise Regularly

Consistent Sleep



Wanna kick some ass?

Hi, my name is Karen Goldsum and I am a therapist.



Learn more here



Beating Seasonal Affective Disorder