



Sunday, November 22nd

Seasonal Affective Disorder

▸ The "Winter Blues"

- Feeling “down” when the days get shorter in the winter and beginning to feel better in the spring
- SAD is a type of depression, but anyone can experience seasonal changes in mood and behavior
- Many of the tips to help treat SAD are helpful even for those who have manageable "winter blues"

Symptoms of SAD

- Oversleeping (hypersomnia)
- Overeating
- Mood shifts
- Social withdrawal (feeling like “hibernating”)
- Fatigue



Daylight

7:32 am – 4:26 pm
8 hours, 54 minutes

Current Time: Nov 22, 2020 at 12:24:15 pm

Sun Direction: 186.14° S ↓

Sun Altitude: 21.04°

Sun Distance: 147.729 million km

Next Solstice: [Dec 21, 2020 2:02 am \(Winter\)](#)

Sunrise Today: 7:32 am → 120° Southeast

Sunset Today: 4:26 pm ← 239° Southwest

Do you experience
lower energy or mood
changes in the winter?

How well do you
tolerate the cold?

Medical Treatment for SAD

- Light therapy (also called "happy lights")
- Psychotherapy
- Antidepressant medications
- Vitamin D – very accessible! :)

Abi's Tips

- Catching the morning light
- Thinking about winter as a time to rest and a time to be quiet
 - The natural world does this too!
- Supplementing vitamin D
 - For obvious reasons, I advise that you do your own research
- Celebrating the solstice!

Do you have any tips to share with the group?



More Discussion!

- How do you feel about daylight savings?
- Is your experience different depending on where you live?
- Do you take up seasonal hobbies/interests?

Thank you!

Information is from:

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