



MENTAL WELLNESS FOR THE HOLIDAYS


# Stronger Together

## Seasonal Affective Disorder


### *Signs and Symptoms*

Not everyone with SAD has the same symptoms, but they can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide



Seasonal Affective Disorder (SAD) is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression.



- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

[samhsa.gov/mental-health/seasonal-affective-disorder](https://samhsa.gov/mental-health/seasonal-affective-disorder)

If you or someone you know is struggling or in crisis, help is available. **Call or text 988 or chat 988lifeline.org.**