

OHIO GUIDESTONE NEWS

LETTER

SEASONAL DEPRESSION

NOVEMBER EDITION



HOW CAN OHIO GUIDESTONE HELP?

Ohio Guidestone is a community-based mental health agency. We can help with counseling/therapy services as well as support for alternatives. Click on the link below to learn more!

<https://ohioguidestone.org/>

SAD (SEASONAL AFFECTIVE DISORDER)

WHAT IS SAD?

SAD stands for seasonal affective disorder, commonly known as seasonal depression. It is just what it sounds like, depression related to the season change. When fall and winter come around, many people suffer from SAD due to there being less sunlight and the clock change. Less sunlight can lead to a decrease in serotonin, vitamin D deficiency, and an increase in melatonin. Usually, SAD begins in late fall and goes through the winter.

SIGNS OF SAD

SAD can have many different symptoms, but the most common ones look for are sadness, anxiety, weight gain, fatigue and lack of energy, feelings of hopelessness/worthlessness, trouble concentrating, feeling irritated or agitated, limbs that feel heavy, loss of interest in activities, sleeping problems, and thoughts of death or suicide.

RESOURCES

There are many things that can help with SAD. Below is a list of possible resources.

- Counseling
- Light therapy
- Better eating habits
- Mental health podcasts
- Nature therapy

The following link has links to resources for each of the resources listed:

<https://www.publichealthdegrees.org/resources/79-resources-managing-seasonal-affective-disorder/>