

Dealing with Seasonal Affective Disorder

As summer turns into autumn and the days grow shorter, many of us find ourselves feeling subdued and even depressed. This annual recurrence of the blues can be linked to seasonal affective disorder (SAD), a temporary condition usually lasting through the winter months. If you experience a mood change in the fall or winter, try the following tips to boost your spirits:

- Make sure that your office and home are well lit to counteract the darkness outside.
- Try to spend a little time outdoors every day while it's light. Even taking a short walk during your lunch break can boost your mood and energy level.
- Plan fun, simple activities. Being around others will help ease the feelings of emptiness or loneliness that sometimes accompany SAD.
- Have more tolerance for lower productivity. It's OK to lower expectations for yourself, especially during the winter months when lower productivity is often linked to SAD.
- For severe cases of SAD, light or phototherapy can be a beneficial method of treatment. Talk to your doctor for more information.

Although SAD often goes away with the arrival of spring, following the above suggestions can help make the winter months brighter.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.MagellanHealth.com. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.