

# Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

**Do you have mild symptoms that have lasted less than 2 weeks?**



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

**These activities can make you feel better:**



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

**If these activities do not help or your symptoms are getting worse, talk to a health care provider.**

**Do you have more severe symptoms that have lasted more than 2 weeks?**



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

**Seek professional help:**



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit [nimh.nih.gov/findhelp](https://nimh.nih.gov/findhelp).

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the **988** Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://988lifeline.org).



**NIH** National Institute  
of Mental Health

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# Seasonal Affective Disorder

**Norman E. Rosenthal M.D.**



## **Seasonal Affective Disorder:**

Seasonal Affective Disorder Timo Partonen, S. R. Pandi-Perumal, 2010 Seasonal affective disorder SAD or winter depression is a mood disorder related to the change in the seasons and lack of exposure to daylight. It affects 1 in 100 adults in western countries. SAD is a rare example of a psychiatric disorder with a clear identifiable biological cause. The new edition of this award-winning book brings together distinguished scientists and opinion leaders to discuss the current and anticipated developments in the study and care of Seasonal Affective Disorder. Highlighting the clinical diagnosis and management of Seasonal Affective Disorder, SAD, this book provides a valuable resource for all whom are involved in the health care for patients with SAD. This book deals with the range of therapeutic measures that are available for the treatment of SAD. In addition, this book elucidates potential areas of research that have emerged such as the study of the circadian pacemaker and the night time sleep structure and their interaction that influences mood. *Positive Options for Seasonal Affective Disorder (SAD)* Fiona Marshall, Peter Cheevers, 2003 SAD is depression caused by lack of natural light. People who have limited exposure to light and people who live in northern climates are most likely to suffer from SAD, though many people undergo seasonal variations in mood, energy, appetite, and sleep. With SAD, sufferers experience an exaggerated version of these changes. Full-blown SAD can be extremely debilitating; the sufferer finds it difficult to carry out normal activities. The disease is often undiagnosed because the symptoms are general enough that they can be attributed to a variety of causes. SAD can be treated with or without medicine, depending on the severity. The book describes helpful changes to eating patterns and vitamin and mineral supplements, ways of adapting your lifestyle to take advantage of the daylight as well as lightbox therapies. The book distinguishes SAD from classic depression, chronic fatigue, and other illnesses with similar symptoms. It also explains the alarming physical effects of lack of sunlight, which include a greater risk of heart disease, osteoporosis, and even cancer. Written in an informal style with helpful tips and advice, this book is important for anyone who ever questioned their feelings on a cloudy day or during the winter months. Winter Blues Norman E. Rosenthal, 2012-09-17 A landmark book. The New York Times: When the dark days of winter approach, do you feel sluggish and slow? Is it a struggle to get out of bed each morning? Do you have difficulty focusing at work or in relationships? Feel down in the dumps or worse, still get really depressed? Does it get harder than ever to stick to a healthy diet and control your weight? If you answered yes to one or more of these questions, you may be one of the millions of people who suffer from seasonal affective disorder (SAD). Picking up this book is the first step toward feeling more energized, productive, and alive all year long. Dr. Norman E. Rosenthal's engaging, compassionate style and rich store of scientific wisdom have made this trusted guide a perennial bestseller. Dr. Rosenthal explains how to evaluate your own level of seasonality, get the most out of light boxes, and other effective self-help options, and make informed decisions about antidepressants and psychotherapy. The thoroughly updated fourth edition features a new chapter on different meditation practices and their benefits. Packed with information

and insights this is a tried and true survival kit for weathering the winter blues See also Dr Rosenthal's Winter Blues Survival Guide a step by step workbook that helps you craft a customized SAD treatment plan **Winter Depression** Gavin Schlieker, 2019-02-08 Among the dark and dreary winters there is a glimmer of light to aid you on your road to recovery If you are feeling sadness fatigue low energy suicidal contemplations or eating disorders but they just come back every year during the winter time you might have seasonal affective disorder This disorder has affected many helpless victims and has taken its toll on countless depressed individuals But don't be afraid There is a way to overcome this In this audiobook you will learn Identify the symptoms of a winter depression Discover what to tell your children with SAD Figure out which healings work best for you Know whether or not you have SAD Find answers to solve the problem of SAD Discover which conducts will help you overcome your winter depression And much more Don't put it off if you want to be happier in the winter and download this affordable audiobook right now *Seasonal Affective Disorder*, 1984 **Winter Blues** Norman E. Rosenthal, 1998 Seasonal affective disorder what it is and how to overcome it **Everything You Need to Know about Seasonal Affective Disorder** Bizmove Health, 2021-05-08 Featuring the Most Recent Treatment Options and Recommendations Discover everything you need to know about Seasonal Affective Disorder Causes Symptoms Treatment This book is based on information and recommendations by the Department of Health United States government You can watch a video version of the book here <https://www.youtube.com/watch?v=5VTuOKcrn0> [If You Think You Have Seasonal Affective Disorder](#) Clifford Taylor, Clifford Aubrey Taylor, Robin K. Levinson, 1998 Do you have wintertime depression The days are getting shorter winter's on the way Getting out of bed in the morning takes a colossal effort You're craving cookies chocolate bread and pasta You try drinking coffee to perk up but the truth is you feel down in the dumps If so you may have SAD Seasonal Affective Disorder a condition that brings wintertime suffering to up to 10% of American men women and children This informative compassionate guide explains why seasonal depression strikes tells you how to cope and best of all reveals how most people can cure this painful disorder Discover The time to look at the calendar and your life for the first signs of the disorder The difference between SAD and wintertime blues Where to find the best light therapy devices and avoid rip offs The plain truth about PMS and SAD What behaviors to look for if you think your child has the disorder How to recognize the symptoms Which men women and children are most at risk The exciting 20 minute a day cure and more

**Defeating SAD (Seasonal Affective Disorder)** Norman E. Rosenthal M.D., 2023-08-15 Dr Norman Rosenthal is the author of the bestselling Poetry Rx released last year to rave reviews including NY Times The Well Book List of 8 Favorite Books in 2021 for Healthy Living And The subject of a NY Times op ed by Jane Brody Now in his landmark new book Defeating SAD Rosenthal who first described Seasonal Affective Disorder SAD and is the foremost authority on the subject offers an up to date guide to overcoming the miseries and that millions experience with the changing seasons In his lively style Rosenthal offers advice on how to identify treat and overcome both winter and summer varieties of seasonal affective

disorder as well as the less severe yet bothersome winter blues Having pioneered the use of bright light therapy for SAD and relying on his decades of experience treating SAD patients Rosenthal offers strategies and techniques for defeating the condition including cognitive behavioral approaches diet and exercise advice medication and meditation Rosenthal's warm and friendly professional style will leave the reader feeling as though he has been treated to a consultation with a consummate professional who has fascinating insights into the condition The book will help show how to optimize your health and well being through the seasons      **Seasonal Affective Disorder For Dummies®** Laura L. Smith, Charles H.

Elliott, 2011-02-09 Examines the pros and cons of light therapy An accessible approach to stopping SAD thoughts and looking at the brighter side of life Do you suffer from wintertime woes You may have seasonal affective disorder SAD a serious but treatable condition This friendly guide helps you identify symptoms talk to your doctor and get an accurate diagnosis You get the latest on the various drug and non drug treatment options as well as tips for dismantling SAD thinking and feeling better through lifestyle changes Stop SAD before it starts Monitor your triggers and symptoms Assess alternative therapies Reduce your stress and anxiety Survive a SAD relapse      **Don't Be SAD** Celeste A. Peters, 1994 Take a self test to determine if you

have seasonal affective disorder SAD and if so to what degree Discover how you can banish the winter blues and lighten SADness If as winter approaches you become depressed fatigued or unable to get enough sleep this book may be a valuable guide      *Understanding Seasonal Affective Disorder*, 2011      SAD Angela Smyth, Chris Thompson, 1991 Smyth looks at who gets Seasonal Affective Disorder what causes it and how to cure it She discusses available treatment methods and describes how increased exposure to light can improve moods and boost energy levels      **SAD (Seasonal Affective Disorder):**

**Understanding the Winter Blues** Trevor Clinger, 2025-08-31 Have you ever been told that you have the winter blues A negative attitude low energy and lack of motivation may all be signs of this seasonal slump Medically these symptoms are often identified as Seasonal Affective Disorder SAD In this section we will explore why some people feel depressed struggle with motivation or experience weight gain during this time of year and what can be done to counteract it I am a certified personal trainer through the National Federation of Professional Trainers certificate number 45582      **Light Up Your**

**Blues** Robert N. Moreines, Patricia L. McGuire, 1989      Seasonal Affective Disorder Chris THOMPSON, 1997      **Seasonal Affective Disorder** Lori Klein, 1992      **Understanding Seasonal Affective Disorder** Jennifer Eastwood, 1995-03-01

*Seasonal Affective Disorder and Beyond* Raymond W. Lam, 1998 In 1984 Dr Norman Rosenthal and his colleagues published a seminal research paper on seasonal affective disorder SAD unveiling what they were convinced was the healing power of light therapy for people suffering from the illness Since then many scientific and medical communities have come to believe that the therapeutic use of light holds great promise for not only SAD but also a variety of other disorders This wide ranging book combines in a single cohesive reference new up to the minute findings with a complete summary of the available literature on light therapy Seventeen contributors leading clinicians studying the effects and uses of light treatment

discuss the impact of light and light therapy on such conditions as SAD premenstrual depression circadian phase sleep disorders jet lag shift work disorders insomnia and behavioral disturbances Challenging conventional thinking about light therapy several contributing authors make convincing cases for its positive effects in treating nonseasonal depression bulimia nervosa and other illnesses Finally members of a joint task force of the Society for Light Treatment and Biological Rhythms and the American Sleep Disorders Association explore the use of light for treating sleep disorders as well as a combination of light and melatonin in some cases Seasonal Affective Disorder and Beyond is an invaluable reference tool for clinicians researchers scientists students and consumers who want the latest information and opinion about the therapeutic uses of light compiled in one succinct comprehensive volume     Winter Blues Norman E. Rosenthal, 1991

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