

SEASONAL AFFECTIVE DISORDER

Understanding the Impact of the Seasons on Your Mood

Seasonal Affective Disorder (SAD) is a type of depression that occurs at the same time each year, most commonly in the fall and winter months when there is less daylight. It is not just the "winter blues"—SAD is a real and treatable condition.

WHAT IS SAD?

SAD is believed to be related to changes in daylight that can affect your body's internal clock (circadian rhythm) and brain chemicals that regulate mood, such as serotonin and melatonin.

*You are not alone,
and help is available.*

COMMON SYMPTOMS

- Persistent feelings of sadness or emptiness
- Loss of interest in activities you once enjoyed
- Low energy or fatigue
- Changes in sleep (sleeping more or feeling very tired during the day)
- Changes in appetite, especially craving carbohydrates
- Difficulty concentrating
- Feelings of hopelessness or worthlessness
- Social withdrawal

YOU ARE NOT LAZY—YOUR BODY AND BRAIN ARE RESPONDING TO LESS LIGHT.



Less sunlight can affect your mood and energy levels.



Imbalanced brain chemicals may contribute to SAD symptoms.



Changes in your internal clock can impact sleep and motivation.



With the right support and tools, you can feel like yourself again.



Small steps can make a big difference.

STRATEGIES THAT CAN HELP



Light Therapy
Using a light box in the morning can help regulate your mood and energy.



Get Natural Light
Spending time outside during daylight hours can boost your mood.



Stay Active
Exercise naturally increases endorphins and reduces symptoms.



Healthy Routines
Consistent sleep, meals, and self-care support emotional well-being.



Nourish Your Body
Balanced nutrition helps stabilize mood and energy throughout the day.



Connect
Reach out to supportive friends, family, or a therapist. You don't have to go through it alone.



SUMMER-ONSET SAD

Some people experience SAD symptoms in the spring and summer, which may include:

- Irritability or agitation
- Anxiety
- Trouble sleeping
- Loss of appetite
- Weight loss



WHEN TO SEEK SUPPORT

If your symptoms interfere with your daily life, relationships, work, or overall well-being, it may be time to reach out for professional support.

*You deserve to feel like yourself
in every season.*



BE GENTLE WITH YOURSELF

The seasons change, and so can you. Healing is possible, and brighter days are ahead.



REMEMBER



Your feelings are valid.



You are strong and resilient.



Asking for help is a sign of strength.



Better days are possible.



You are worthy of support and hope.

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