

PEER PERSPECTIVE



Seasonal Affective Disorder (SAD)

“Happiness can be found, even in the darkest of times, if one only remembers to turn on the light.”

JK Rowling, Harry Potter and the Prisoner of Azkaban

Ugh, it's that time of year that many people, including myself, dread. The cold weather, getting dark so early, dreary, cloudy days, and so on can make this season tough. It's a “SAD” time of year. Seasonal Affective Disorder can affect anyone. What is it? “It's a type of depression that is related to changes in seasons and begins and ends at about the same time every year.” Whether officially diagnosed with this disorder or not, this time of year can be difficult for anyone.

Some tips to keep in mind to help with the symptoms of SAD include:

- Light therapy
- Spending time outside
- Exercise
- Meeting with friends and family
- Practicing Self-care

Most importantly, if you feel overwhelmed, **seek professional help**.

Remember, after December 21st, the days start getting longer!

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We are the evidence; we hold the hope.