November

Many people experience seasonal depression during this time because of the holidays and the decrease in sunshine... Do you know what Seasonal Affective Disorder (SAD) or seasonal depression is?

Seasonal affective disorder (SAD) is a type of depression that’s triggered by a change in seasons, usually when fall starts. This seasonal depression gets worse in the late fall or early winter before ending in the sunnier days of spring.

Symptoms of depression:
- Losing interest in activities
- Changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Frequent thoughts of death or suicide

Symptoms of seasonal depression:
- Oversleeping
- Overeating
- Weight gain
- Social withdrawal

How do you combat SAD?
- Get as much sunshine as you can
- Create a sleeping routine
- Maintain a healthy diet
- Spend time with friends and family
- Talk to a counselor

Join us for Remembrance Night:
A night of remembrance to honor all of the loved ones we have lost in the past several years. It will be held on Monday, November 14 at 6pm in the MPR.

Need to talk?
Call the Suicide & Crisis Lifeline by dialing 988.