

WORK-LIFE RESOURCE AND REFERRAL  
*Coping with seasonal depression*



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*Just what the doctor ordered—  
with or without a prescription*

Once called the “winter-time blues,” Seasonal Affective Disorder (SAD) is a real issue. Symptoms of depression, loss of motivation, and fatigue have, in many instances, been attributed to prolonged exposure to cold weather and low sunlight. To help you manage it, let your Work-Life/EAP service shed some light on these and other topics:

- Recognizing symptoms
- Remaining active and focused
- Maintaining social connections
- Planning a getaway to a sunny location
- Identifying potential treatments, including light therapy, physical therapy, and cognitive behavioral therapy

