The Winter Blues and SAD can be a common problem in more northern latitudes. The primary culprit of both the Winter Blues and SAD is the lower level of natural sunlight we are exposed to in the fall and winter. Less natural light impacts: your internal body clock that controls sleep-wake cycles; melatonin, a hormone associated with both circadian rhythm and sleep that is produced in response to light and darkness; and serotonin and melatonin, neurotransmitters that regulate mood.

### Symptoms

#### Winter Blues
- You may find yourself feeling more lethargic, low-spirited.
- You may experience more frequent headaches, and a loss of interest or enjoyment.
- You may have difficulty concentrating or making decisions.
- You may be irritable or more negative.

#### SAD
- Sleep difficulties, typically do not hinder your ability to enjoy life.
- You may feel much gloomier than usual, the Winter Blues and SAD can be a common problem in more northern latitudes.
- You may often feel feeling much colder than normal.

### Strategies

#### Men vs Women SAD

<table>
<thead>
<tr>
<th>Winter Blues</th>
<th>SAD</th>
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<td>4</td>
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#### Recognizing and Responding to Behaviors Driven by SAD

- **Light:** Install daytime light boxes that gradually increase with the help of light from outside.
- **Vacation:** Try vacationing in a southern climate, where there is more sun and longer hours of daylight.
- **Aromatherapy:** Essential oils can influence areas of the brain that are responsible for controlling mood.
- **Vitamin D:** Low levels of Vitamin D have been linked to mood boosters such as salmon, blueberries, and leafy greens, oysters, green tea, or chocolate.
- **FOODS:** Eating at regular intervals can help reduce stress and regulate mood.
- **Exercise:** Exercise stimulates the production of antidepressant compounds that can help improve mood, lower the frequency of headaches, and decrease fatigue. At first, begin with 10 minutes of exercise and gradually increase to 30 minutes.
- **Psychotherapy:** Consider talking to a professional to help you learn new ways of thinking and coping with stress.
- **Medication:** Antidepressant medications may be often be seen within days. Talk to your doctor or primary care provider about your symptoms.
- **Psychotherapy:** Try talking to a mental health professional who can help you learn new ways of thinking and coping with stress.
- **Medication:** Consider taking medication prescribed by a mental health professional.
- **Stress Reduction:** Techniques such as deep breathing, meditation, or yoga can help reduce stress.
- **Sleep:** Get adequate sleep every night.
- **Diet:** Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
- **Exercise:** Exercise regularly to help boost mood and improve symptoms of anxiety and depression.
- **A Schedule:** Force yourself to get up at the same time each day, most often in the mornings while you are sitting near a light box for 30-60 minutes a day.
- **Install Daytime Light:** Light therapy can help in the prevention and recovery of SAD and involves using a bright light to treat depression (5,000 to 10,000 lux).
- **Seasonal Affective Disorder:** It's important to see a doctor first to rule out other explanations for your symptoms.

### Menstrual Cycle

- **Daytime Light:** Light therapy can help in the prevention and recovery of SAD and involves using a bright light to treat depression (5,000 to 10,000 lux).
- **Seasonal Affective Disorder:** It's important to see a doctor first to rule out other explanations for your symptoms.

### Seasonal Affective Disorder

- **Winter-onset SAD typically in children ages 18-30:** Overeating, or other unhealthy thoughts and behaviors.
- **Suicidal thoughts:** Unmanaged stress can lead to a sense of hopelessness.
- **Mood:** Changes in what you eat can significantly impact your mood and your internal body clock that controls sleep-wake cycles; melatonin, a hormone associated with both circadian rhythm and sleep that is produced in response to light and darkness; and serotonin and melatonin, neurotransmitters that regulate mood.
- **Embrace the Power:** The primary culprit of both the Winter Blues and SAD seems to be the lower level of natural sunlight we are exposed to in the fall and winter. Less natural light impacts: your internal body clock that controls sleep-wake cycles; melatonin, a hormone associated with both circadian rhythm and sleep that is produced in response to light and darkness; and serotonin and melatonin, neurotransmitters that regulate mood.
- **Recognizing and Responding to Behaviors Driven by SAD:** It's important to see a doctor first to rule out other explanations for your symptoms.

### Stressful and Draining

- **Don't Blame Yourself:** By saying 'get over it' you are blaming the person. It's important not to increase the blame the person.
- **Out with the Old, In with the New:** Help people who are trying to cope with SAD feel more supported.
- **Seasonal Affective Disorder:** It's important to see a doctor first to rule out other explanations for your symptoms.
- **Recognizing and Responding to Behaviors Driven by SAD:** It's important to see a doctor first to rule out other explanations for your symptoms.

### Menstrual Cycle

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