Seasonal Affective Disorder (SAD): Symptoms, Causes, and Treatment.

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Seasonal affective disorder is a type of depression that occurs in the winter in countries that are far from the equator.

Also known as SAD, it is sometimes referred to as winter depression. As winter approaches, the mornings start later and the evenings begin earlier, so there is less sunlight each day. Experts say SAD is most likely caused by lack of sunlight alone and not by cold temperatures. Depressive symptoms usually build up slowly as days start getting shorter, and they gradually subside in early spring, as the amount of sunlight rises each day.

Fast facts on SAD:
- SAD did not receive a clinical name until the early 1980s.
- The symptoms of SAD are similar to those of depression.
- Common symptoms include low mood, lethargy, and social withdrawal.

What is SAD?
SAD (seasonal affective disorder) is a subtype of depression. SAD was first mentioned in scientific literature in 1845 but the condition did not get a clinical name until the early 1980s. We know that seasonal variations in sunlight have an impact on animal behavior, for example, hibernation, reproduction, and seeking out a mate. Seasonal changes in sunlight affect our circadian rhythms, which are also referred to as our internal biological clocks.

SAD is thought to affect 4-6 percent of people in the United States and is more common among young adults with onset typically between 20-30 years of age. It is often seen in females more than males, although depression is more common, generally, in females. It also occurs more in areas that are further north.

Symptoms of SAD
The signs and symptoms of SAD are similar to those of depression, but they come on as winter approaches and go away during springtime. In the majority of cases, symptoms come back each year at around the same time. Symptoms are usually mild as autumn advances, and they worsen as the amount of daylight drops. The severity, characteristics, and patterns of SAD can vary considerably from person-to-person. About four-fifths of people who experience SAD develop unipolar depression, while the rest have bipolar depression. Unipolar means they have persistent depressive symptoms, while bipolar involves swinging from high or manic periods to very low or depressive ones.

The signs and symptoms of SAD include:
- feeling guilty and worthless
- anxiety
- feeling stressed
- indecision

For the full article on Seasonal Affective Disorder see the link below: https://www.medicalnewstoday.com/articles/10306.php
TED’S CORNER

Matt Cutts: Try Something New for 30 Days

Matt Cutts, an engineer at Google, explains how trying just one new thing every day for a month was a fun, rewarding, and eye-opening experience for him. Have you always wanted to try yoga, kickboxing, or maybe golf? Cutts says 30 days is long enough to form a habit and stick with it, but short enough that you won’t go crazy if you eventually dislike it. Click on the Ted Talks Box to find out more!!

World’s Best Hot Coco Recipe

Ingredients

1/3 cup unsweetened cocoa powder
3/4 cup white sugar
1 pinch salt
1/5 cup boiling water
3 1/2 cups milk
3/4 teaspoon vanilla extract

Directions

1. Combine the cocoa, sugar and pinch of salt in a saucepan. Blend in the boiling water. Bring this mixture to an easy boil while you stir. Simmer and stir for about 2 minutes. Watch that it doesn’t scorch. Stir in 3 1/2 cups of milk and heat until very hot, but do not boil! Remove from heat and add vanilla. Divide between 4 mugs. Add the cream to the mugs of cocoa to cool it to drinking temperature.

“APPY” HOUR
Focus: Fitness

Nike + Training Club

Nike’s official app has a library of 30 to 45-minute workouts that are based on your goals and fitness level. Importantly, the app explains how to execute each exercise with how-to videos and even lets you share your accomplishments on social networks.

My Fitness Pal

Calorie Counter and Diet Tracker by MyFitnessPal boasts a database of more than 5 million foods to sort through, making it easier to track what you eat. It also features a step tracker and a barcode scanner, to make sure you’re able to track everything in your diet.

Fitocracy

Fitocracy is for the competitive. The personal trainer lets you track workouts and encourages you to work toward real-life goals through a leveling system and in-game achievements you can share with your friends and the Fitocracy community.