

Avoid Cabin Fever

Seasonal Affective Disorder

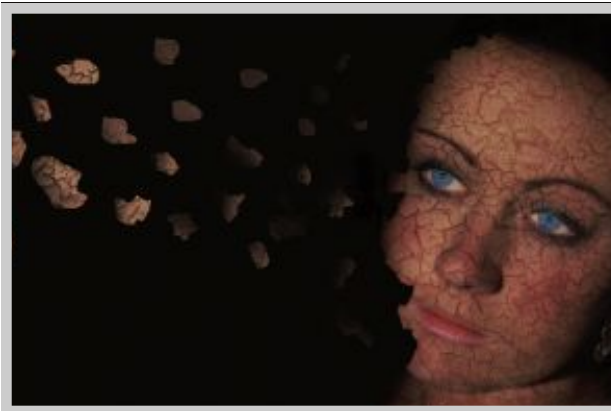
Seasonal depression, called seasonal affective disorder (SAD), is a depression that occurs each year at the same time, usually starting in the fall or winter and ending in spring or early summer. It is more than just “the winter blues” or “cabin fever.” A rare form of SAD known as “summer depression,” begins in late spring or early summer and ends in fall.

Symptoms of Winter SAD:

- Fatigue
- Increased need for sleep
- Weight gain
- Increased appetite
- Difficulty concentrating
- Increased desire to be alone

Symptoms of Summer SAD:

- Weight loss
- Trouble sleeping
- Decreased appetite



SAD Facts...

What causes SAD:

Some experts think it is lack of sunlight during the winter months. Treatments include:

- Light therapy
- Medicines
- Changes in diet
- Learning to manage stress
- Heading south for a few months

As many as half a million people in the US may have winter-onset depression.

10 to 20 percent more have mild SAD.

SAD is more common in women.

Do not use tanning beds as light therapy. The light sources in tanning beds are high in ultraviolet rays, which harm both your eyes and your skin.

Safety Meeting Resources

Keyword: Cabin Fever

www.webmd.com

<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>

<http://www.ncpamd.com/seasonal.htm>

Research your topic and use these simple questions and steps to get your safety meeting off on the right foot!

1. Discuss why this topic is important to NDOR employees.
2. How does it affect me and my co-workers?
3. Brainstorm ways to keep up your spirits.
4. Hand out EAP information to your staff.
5. Review our EAP benefits and be supportive and confidential.