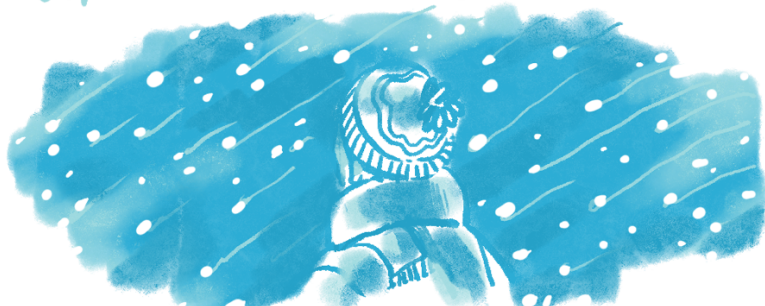




## What is it?

Seasonal Affective Disorder (SAD) is a mood disorder characterized by depression that occurs at the same time every year. Generally people experience it during the winter.



# Symptoms

- \* Feeling tired / sluggish
- \* Loss of interest in your favorite activities
- \* Changes in sleep or appetite
- \* Difficulty concentrating
- \* Feeling sad or hopeless
- \* Sleeping too much
- \* Having thoughts of death



# Treatment

- \* Get some light (even a lightbox works during the winter)
- \* Balance your sleep and aim for 7-9 hours
- \* Take care of yourself (move your body, unwind with your friends, do things you love)



# Resources

BU Student Health Services is here to help!

- \* Book an initial appointment online at [patientconnect.bu.edu](http://patientconnect.bu.edu)
- \* If you need to speak with someone urgently, call 617-353-3569

