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 light box 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 patient.connect.bu.edu

* If you need to speak with someone urgently, call 617-353-3569

We are here to help!