

Overcome S.A.D.

(seasonal affective disorder -
a form of depression)

The lack of light in wintertime can result in lower levels of serotonin, the mood-enhancing chemical that regulates your hunger and your feeling of well-being.

SYMPTOMS

- Marathon napping
- Low self-esteem
- Obsessiveness over little things
- Irritability
- Panic attacks

Boost Serotonin

- Subject yourself to bright indoor light
- Exercise
- Cutback sweets and caffeine
- Snack on popcorn, oatmeal, nuts, veggies, fruit, whole grains and cottage cheese

FOR MORE INFORMATION, VISIT: <http://www.ncpamd.com/seasonal.htm>

<http://www.sad.net/>



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<http://www.fredonia.edu/eap/> 673-3586