

A Message from your EAP



Dealing with SAD (Seasonal Affective Disorder)

It seems that this year winter has come with a vengeance and many of us may be dealing with what some people call the “winter blues.” However, for some this might be a yearly occurrence. According to the Mayo Clinic website there is a name for this depression that occurs during the winter:

“Seasonal affective disorder (also called SAD) is a type of depression that occurs at the same time every year. If you’re like most people with seasonal affective disorder, your symptoms start in the fall and may continue into the winter months, sapping your energy and making you feel moody.” –*The Mayo Clinic*

What can you do about SAD?

There are many suggested treatments for SAD including light therapy (phototherapy), psychotherapy and medications. But there are some basic things that you can do at work to fight the “winter blues.”

- **Take Control** – You may not be able to change the people or situations you encounter, but you can change how you react to them.
- **Make a Friend** – Positive friends can serve as cheerleaders, helpers, a sympathetic ear or a source of advice.
- **Make a small change to your workspace** – (within office guidelines of course) Put up a vacation photo, get a joke of the day calendar, a new plant, anything that will make your space a happier one.

Sometimes though these little things are not enough and you need extra help. That’s where your EAP comes in. Give us a call at 716-488-1971 and setup and appointment today with a counselor so that you can get through this winter and those to come!