



Health Yourself Byte

SEASONAL SADNESS

We've had quite a few days of cold weather here in the Dallas area, but more noticeably has been a string of gray skies and dark days.

As the seasons change and sunlight hours shorten, our biological clocks can get out of step with our daily schedule. If you notice a pattern of mild depression during the late fall and winter, you may have a case of the winter blues . . . BUT, if you have more than just mild problems, you could be suffering from "**Seasonal Affective Disorder**" or SAD.



The trigger: SAD is caused by a biochemical imbalance from lack of sunlight in the winter and affects half a million people each year. Some of the symptoms include:

- ☹ Feelings of depression
- ☹ Changes in appetite and sleeping patterns
- ☹ Craving for sugary and/or starchy foods
- ☹ Symptoms that go away in the spring and summer

The Treatment: If you suspect you have SAD, see your doctor. Many people respond to light therapy from specially designed fluorescent lights. However, one study recently found that taking a 30-60 minute walk in winter sun is as helpful as 2 ½ hours under artificial light.

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano