



Recognizing the Signs of Seasonal Affective Disorder

As the days get shorter, many people experience shifts in mood, energy, and overall mental health. Seasonal Affective Disorder (SAD) is a common struggle, but recognizing the signs can help you take action so you can feel like yourself again.

If you're experiencing **three or more** of the following symptoms on a regular basis, you may be experiencing seasonal affective disorder.

Do You Have These Symptoms?

- ☐ **Persistent fatigue.** Feeling tired throughout the day, no matter how much sleep you get.
- ☐ **Changes in your sleep pattern.** Sleeping more than usual or struggling to fall asleep.
- ☐ **Difficulty focusing.** Having a hard time concentrating or staying alert during daily tasks.
- ☐ **Increase in appetite.** Craving carb-heavy foods or sweets more than usual.
- ☐ **Feeling sad or down.** Experiencing prolonged sadness or low moods.

It's normal to feel these symptoms occasionally, but if they persist, you should take action.

SAD is common and treatable. Simple lifestyle adjustments like staying active, natural light exposure, and maintaining a healthy routine can help mitigate the symptoms.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



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Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. **Sign in to [kp.org](https://www.kp.org) to get started.**