Seasonal Depression

Seasonal affective disorder (SAD) is a type of depression that is related to the changes in season. This can be the result of inadequate exposure to bright light during the winter months. This disorder generally occurs in the fall and winter months, but can happen in summer.

Symptoms include tiredness, fatigue, sadness, difficulty concentrating, irritability, apathy, poor sleep, overeating, and weight gain. If condition is severe, suicidal thoughts may be present.

Lifestyle changes that can help decrease symptoms are to increase time spent outdoors, include more physical exercise, and maintain healthy eating habits. If severe, antidepressant medication and phototherapy can be done.

Benefits of Serving

Studies show that when we help others we are also helping our own health. Those who volunteer tend to have a longer lifespan, greater happiness, better pain management, and lower blood pressure.

As we serve we establish more social connections and form new bonds with people. This can motivate us to take better care of ourselves. People generally respond positively when being served, and this in turn makes us feel good. Volunteering not only makes the world a better place, but it also makes us better.