

October is National Depression & Mental Health Screening Month

Six tips to cope with Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that occurs at the same time each year. If you are experiencing SAD, consider these tips to manage symptoms and potentially prevent it from coming back.

- 1 Get some light**—Spend time outside daily. Sit near windows when indoors. Consider using a light therapy box.
- 2 Eat nutritious meals**—Focus on vitamin D-rich foods (fatty fish, egg yolks, leafy vegetables). Avoid starchy and sweet foods.
- 3 Practice stress management**—Try relaxation techniques like meditation and deep breathing. Maintain a consistent sleep schedule.
- 4 Prioritize exercise**—Aim to get 30 minutes of exercise 3 – 5 times a week.
- 5 See friends**—Stay involved with your social circle for support during the winter months.
- 6 Seek help**—Talk to your healthcare provider about treatment options such as cognitive behavioral therapy, psychotherapy or medications.



Help is available. Visit your Employee Assistance Program member website, Member.MagellanHealthcare.com (enter Principal Core), or call 1-800-450-1327 (TTY 711).