

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](https://Member.MagellanHealthcare.com), or call 1-800-356-7089 (TTY 711).