

Understanding and Coping with Seasonal Affective Disorder (SAD):

Seasonal Affective Disorder, or SAD, is a type of depression that occurs during specific seasons, typically fall and winter. It's characterized by mood changes when seasons shift, often due to reduced sunlight and shorter days.

Common symptoms of SAD include:

- Feeling sad, anxious, or empty
- Loss of interest in activities
- Fatigue and low energy
- Difficulty concentrating
- Changes in sleep and appetite
- Social withdrawal

Remember, seeking help is a sign of strength.

If you're struggling, talk to a trusted elder, healthcare provider, or mental health specialist. Use available resources if you need immediate help, you are not alone! By understanding SAD and utilizing both modern and traditional approaches, we can work together to promote mental wellness in our communities.



Asking for help is ok!

For confidential support from anywhere in the U.S., call or text "988" to for help form the 988 Suicide and Crisis Lifeline. Available 24/7

For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member. Seven days a week from 8am-Midnight



Caring for your mental wellness in winter months is an important part of staying healthy!

Tips for Managing SAD:

- Maintain a healthy lifestyle with a regular schedule.
- Seek support and connection from family and community members.
- Go outside and enjoy the natural sunlight when the weather allows.
- Seek out culturally-responsive mental health providers.
- Practice emotional regulation techniques deep breathing, mindfulness meditation, physical activity, identifying triggers, positive self-talk, taking time-outs, journaling, and seeking social support when needed
- Engage in traditional healing and spiritual practices that are meaningful to you.



Sources: <https://strongheartshelpline.org/abuse/seasonal-depression-can-affect-domestic-violence-victim-survivors>
<https://www.samhsa.gov/mental-health/seasonal-affective-disorder>