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Learn more about seasonal affective disorder, also known as SAD or winter or seasonal depression.

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Get more light for SAD. If the winter blues is about lack of daylight, it s no surprise that treatment involves getting more light into your life.

### **What is seasonal affective disorder/ winter**

Winter depression is still a mystery to scientists who study it. But researchers agree that people who suffer from seasonal affective disorder are particularly

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### **Depression treatment in winter: seasonal**

If your mood gets worse as the weather gets chillier and the days get shorter, you may have "winter depression." Here, questions to ask your doctor if winter is the

### **Winter depression on the rise | news one**

It is unclear just how many African Americans suffer from winter depression because many do not seek mental health treatment in the first place.

### **12 winter depression busters | world of psychology**

Jan 03, 2009 We ve officially entered the hard months, the dark ages as the midshipmen at the Naval Academy say: the time of the year when the sun disappears

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Jul 12, 2015 Seasonal Depression, Stress, Holidays, Psychalive, Holiday Blues, Sad, Holiday Depression, Seasonal Affective Disorder, Lisa Firestone, Beating Holiday

### **After daylight saving time: how to beat winter**

Nov 03, 2011 Getty Images. As the days get shorter and winter closes in, many people feel like hibernating. We start sleeping more, eating more and avoiding social contact.

### **Properly timed light, melatonin lift winter**

Most Seasonal Affective Disorder (SAD) symptoms stem from daily body rhythms that have gone out-of-sync with the sun, a NIMH-funded study has found.

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Clinical depression information: symptoms, treatment, antidepressant medications, and depression support groups. Read details about the types of clinical depression

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What is SAD? Throughout the centuries, poets have described a sense of sadness, loss and lethargy which can accompany the shortening days of fall and winter.

### **What is seasonal depression? - seasonal affective**

Seasonal depression is a depression that occurs each year at the same time, usually starting in fall or winter.

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Seasonal depression hits for me, like clockwork, the day after Halloween. I can feel my shoulders slack and my mood weaken. November is usually busy enough to stave

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Feb 04, 2014 Like depression, SAD can make you feel unhappy and irritable. The symptoms subside in spring as the weather warms and the days get longer, but that's no

## **Seasonal depression how to deal with it**

Techniques to combat seasonal depression. Special attention should be given to seasonal depression.

## **4 ways to fight seasonal depression naturally |**

Dec 12, 2013 The shorter days of winter can give you the blues, and for some people, it may even lead to Seasonal Affective Disorder (SAD), or seasonal depression

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### **What is seasonal affective disorder, seasonal**

Seasonal depression is a type of depression that occurs at the same time every year. Seasonal depression disorder, also known as seasonal affective disorder (SAD)

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Dec 29, 2012 The winter months are a good time to do this because the need is greater, the holiday spirit ideally lasts until February, and you don't have the excuse

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This is given many names such as winter depression syndrome or seasonal affective disorder. While it is characterized as the dreaded depression,

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Aug 27, 2013 Winter Depression: Is It Really Seasonal Affective Disorder? By Jeffrey Kopman. Published Aug 28 2013 03:17 PM EDT ) See More

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Less sunlight in the fall and winter can cause seasonal shifts in people with bipolar disorder. Learn about bipolar disorder management at Everyday Health.

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Major depression. Seasonal affective disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of

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