NATIONAL EAP

DECEMBER – SEASONAL AFFECTIVE DISORDER (SAD) AWARENESS



Shine a Light on Mental Health. Acknowledge the Season. Prioritize Well-Being.

Seasonal Affective Disorder (SAD) Awareness Month brings attention to the emotional challenges that shorter days and reduced sunlight can cause. It's a time to recognize the impact of seasonal changes on mental health and to encourage proactive support and care.

Could you be affected by SAD?

Here are some signs to watch for during fall and winter months:

- Feeling consistently low, sluggish, or hopeless
- Loss of interest in activities you usually enjoy
- Changes in appetite, especially craving carbs or overeating
- Difficulty concentrating
- Sleeping much more than usual, yet still feeling tired
- Withdrawing from social activities or isolating

If you notice these patterns returning each year around the same time, it may be more than just the "winter blues." You're not alone, and support is available.

Need Help?
CALL : 1-800-624-2593
Log On to the Member Portal

What Can Help?

- Increase natural light exposure or use a light therapy box
- Stay physically active and spend time outdoors
- Maintain regular sleep and meal routines
- Connect with others and seek professional support if needed

How Can National EAP Help?

Member Portal Disability Resources:
Explore a rich library of articles, webinars, and tools.

Log in and search "Seasonal Affective Disorder" or "SAD" to find relevant content.

Wysa: Mental Resilience App
Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.

Work-Life Resources:
Access support for managing SAD, including coping strategies, light therapy tips, and stress reduction tools. Our network of emotional, legal, and financial support resources is available 24/7.