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BLOG

Winter Blues or SAD? Signs to Watch

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Signs of Depression

- Sad, anxious or empty mood most of the day
- Losing interest in things you enjoyed
- Low energy or trouble concentrating

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Winter-Pattern SAD Signs

- Sleeping more than usual
- Craving bread, pasta and sweets
- Pulling away from friends and family

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When to Bring up SAD

- Your mood dips the same season each year
- It has happened at least 2 years in a row
- Thoughts of suicide? Call or text 988

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Read the full article

Seasonal Affective Disorder: When Winter Depression Is More Than the Blues

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.