



## Seasonal Affective Disorder

An estimated 2% to 3% of the general population suffers from seasonal affective disorder (SAD), a type of depression that seems to be related to the amount of sunlight that you are exposed to. If you have episodes of depression that recur at the same time every year, for more than 2 years, you may have SAD.

Locate the article *Seasonal Affective Disorder* on *Health Connected's Health Library*\* today to learn more. The article includes sections on:

- Shining light on SAD;
- Preventing episodes of SAD; and
- Managing holiday stress.