



Seasonal Affective Disorder

S.A.D.
to
G.L.A.D.

Resiliency in the darkness

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Presented by:

Monique Peats, CCO LRP-Inward Strong, Psychotherapist
Monique.peats@liferecoveryprogram.com
www.liferecoveryprogram.com



Unexpected changes to our day-to-day routines has resulted in uncertainty, confusion, worry and stress.





Pre-pandemic
motivating/encouraging
ourselves and/or
others to ensure
productivity was tough
enough.



NOW...it requires a
need to adjust expectations

- Pandemic fatigue
- Learned helplessness -
depression



- Even if you're not, someone around you may be struggling
- It's important to recognize symptoms of Seasonal Affective Disorder before it intensifies



Our chat today



1. How to identify S.A.D
2. How to recognize when it's beyond S.A.D.
3. Discover its startling impact on you & your organization – the bottom line
4. **G.L.A.D. – position for a shift –** discover 4 simple steps to greater resiliency

1. What is Seasonal Affective Disorder (S.A.D.)



What is S.A.D.?



S.A.D. is a mood disorder that affects an individual the same time each year



What is S.A.D.?

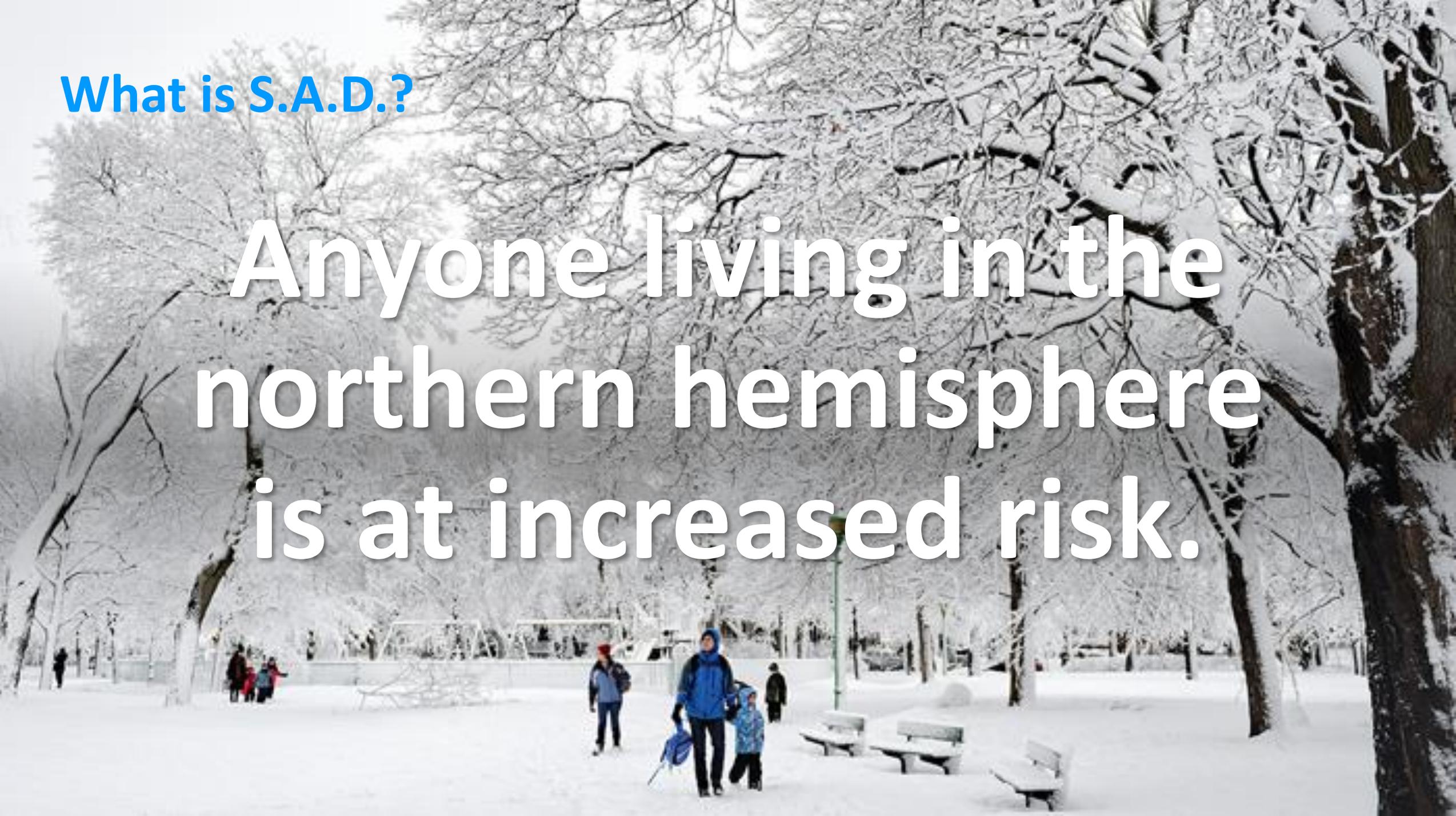
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Inward
Strong

Canadians are at increased risk because S.A.D. is more common among those who live further away from the equator.

What is S.A.D.?

Anyone living in the
northern hemisphere
is at increased risk.





What is S.A.D.?

- Believed to be caused by lower light exposure due to shorter days and more time spent indoors
- Body's response to the reduction of sunlight.



What is S.A.D.?



- Common yet treatable
- Can occur among individuals who have normal mental health through most of the year

S.A.D.

What about you?

QUIZ!

- Is it hard for you to wake up in the winter?
- How tired do you feel during the winter months?
- Are you less motivated in the winter?
- Do you find yourself craving more carbs than usual? e.g. bread, baked goods, pizza...
- Do you prefer to stay indoors and hibernate or go outside in the winter-time?

<https://www.calmmoment.com/wellbeing/do-i-have-seasonal-affective-disorder-quiz-plus-tips-for-coping-with-the-winter-blues/>

What is S.A.D.?



Winter and Fall S.A.D.

In most cases, symptoms...

- appear during the shorter days of late fall or early winter and
- go away (feel more cheerful/energetic) during the sunnier brighter days of spring and summer.



Symptoms



Winter and Fall S.A.D.

May include:

- Oversleeping
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Tiredness or low energy



What is S.A.D.?



Spring and summer S.A.D.

Less common, some have symptoms that begin in spring or summer. May result from too much sun.



Symptoms

Spring and summer S.A.D.

Symptoms specific to summer-onset S.A.D. sometimes called ‘summer depression,’ may include:

- Trouble sleeping (insomnia)
- Poor appetite
- Weight loss
- Agitation/anger or anxiety

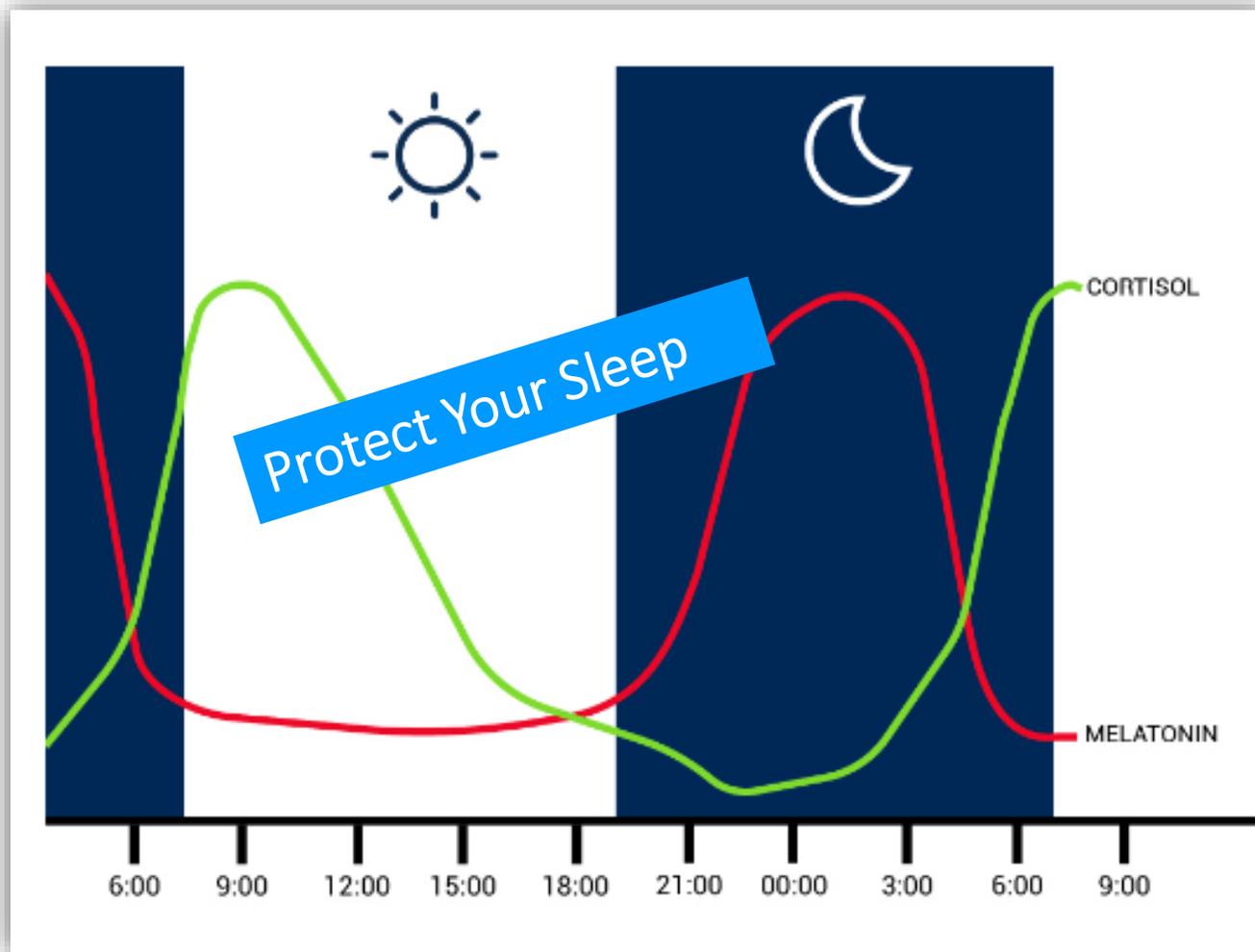


What is S.A.D.?



In either case, symptoms may start out mild and become more severe as the season progresses.

What does it all mean?



When melatonin decreases in the morning, cortisol increases.

Cortisol prepares the mind & body for activeness of the approaching day

However a single flash of light at night can stop the production of melatonin because the optic nerves send the signal to hypothalamus and it stops making melatonin.

Result - a drop in neurotransmitter - serotonin – the happy chemical - regulates mood & behaviour

<https://www.biochronoss.com/en/about>



Sleep hygiene is key



Symptoms :

- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having problems with sleeping
- Having difficulty concentrating



Symptoms:

- loss of interest in activities you once enjoyed – e.g. sex, hobbies, work ...
- withdrawal from family members and friends



Symptoms

- Feeling hopeless, worthless or guilty
- Having frequent thoughts of death or suicide
- A loss of touch with reality, hearing voices (hallucinations) or having strange ideas (delusions).



Reminder:



Symptoms may start out mild and become more severe as the season progresses.



Risk factors



Factors that may increase your risk include:

- 1. Gender - being female.** S.A.D. is diagnosed more often in women than in men, but men may have more-severe symptoms.
- 2. Age.** S.A.D. occurs more frequently in younger adults than in older adults.
- 3. Family history.** People with S.A.D. may be more likely to have blood relatives with S.A.D. or another form of depression.



Risk factors



Factors that may increase your risk include:

1. **Pre-existing condition:** having clinical depression or bipolar disorder. Symptoms of depression may worsen seasonally if you have one of these conditions.
2. **Living far from the equator.** S.A.D. appears to be more common among people who live far north or south of the equator. This may be due to decreased sunlight during the winter and longer days during the summer months.

2. How to recognize when it's beyond S.A.D.



S.A.D. vs. Major Depression



Similar symptoms, however, with S.A.D., they appear and disappear at about the same time each year

Major symptom is a sad, despairing mood that:

1. is present most days and lasts most of the day
2. lasts for more than two weeks
3. impairs the person's performance at work, at school or in social relationships.

<https://www.psychiatry.org/patients-families/depression/seasonal-affective-disorder>

How to recognize when it's beyond S.A.D.

DEPRESSION HEALTH INFOGRAPHICS



SYMPTOMS



Sleep problem



Energy loss



Anger



Thoughts of death



Withdrawing from friends & family



Changes in appetite



Alcohol and drug abuse



Negative thoughts



TREATMENT



Medication



Psychotherapy



When to reach out?



When to seek professional help

- It's normal to have days when you feel down, but if it persists consider getting professional help.
- Psychotherapy (CBT/Mindfulness), Doctor – medication (SSRIs boost serotonin), Naturopath/Homeopath – alternative treatments
- Other treatments, for severe: brain intervention therapies, such as repetitive transcranial magnetic stimulation (rTMS) are also effective for people with S.A.D.

These treatments may be used individually or in combination.

Be gentle with yourself...

“What’s happening to me?”

VS

“What’s wrong with me?”

3. It's startling impact on you & your organization



Recognize the signs and how to reduce the effects on you and your team – corporate culture

Symptoms to watch out for..

- feeling useless, hopeless, excessively guilty, pessimistic or having low self-esteem
- agitation or feeling slowed down
- trouble concentrating, remembering and making decisions
- crying easily or feeling like crying but not being able to



Corporate Culture

- Presenteeism
- low or no productivity
- Concentration



Corporate Culture

- Displaced aggression
- Increased irritability



Corporate culture

- Low morale e.g. supervisor struggling
- Difficulty generating ideas—presentation
- Poor communication
- Increased substance consumption
- STD/LTD

Corporate Culture



Affects the bottom line

**Bottom line:
who is affected?**

Everyone

4. G.L.A.D.

Position for a shift
4 steps to greater resiliency

G.L.A.D.

1. Gratitude

2. Light (e.g. sunlight, light therapy)

3. Activity- keep body moving, activity/routines

4. Deepen Connection to 1) others, 2) values, 3) self

The "antidote" to S.A.D. is G.L.A.D. 😊 - Evidenced-based treatment options

G -gratitude

- Set time aside each day to make a list of what you are thankful for.
- Tell other people “thank you” when they do something kind for you, no matter how small the deed.

Positive Psychology

gratitude

- ❑ Don't allow other people's bitterness or negativity, or any other outward circumstance, to influence your inner peace.
- ❑ Anger, disappointment, failure, and frustration are parts of life, but don't let them become your default emotions.
- ❑ Build gratitude around you with small, daily, unexpected, undeserved acts of love, compassion, grace, and forgiveness.

Positive Psychology

L-light

Examples of nighttime light sources & their approximate intensities

<i>Light source</i>	<i>Intensity (lux)</i>	<i>Distance</i>	<i>References</i>
Overcast night sky	0.00003–0.0001	At surface of Earth	Gaston <i>et al.</i> ⁸
Clear starry night	0.001	At surface of Earth	Gaston <i>et al.</i> ⁸
Full moon	0.1–0.3	At surface of Earth	Gaston <i>et al.</i> ⁸
Urban sky glow	0.15	At surface of Earth	Gaston <i>et al.</i> ⁸
Residential side street	5	Unknown	Gaston <i>et al.</i> ⁸
Lighted parking lot	10	Unknown	Gaston <i>et al.</i> ⁸
Main road street lighting	15	Unknown	Gaston <i>et al.</i> ⁸
9.7 Inch tablet computer	40	10 in	Wood <i>et al.</i> ¹²
Smartphone	>40 blux ^a	20 cm	Oh <i>et al.</i> ¹⁵
ICU step-down unit	1.3–47.3	Unknown	Fanfulla <i>et al.</i> ¹⁶
24 Inch LED computer screen	~100	Unknown	van der Lely ¹⁷
Intensive care unit (ICU)	190.5	Unknown	Meyer <i>et al.</i> , ¹¹⁹
Most homes	100–300	Unknown	Gaston <i>et al.</i> ⁸

Abbreviation: LED, light-emitting diode.

^aBlux is a weighted measure of light intensity based on circadian-responsive wavelengths.

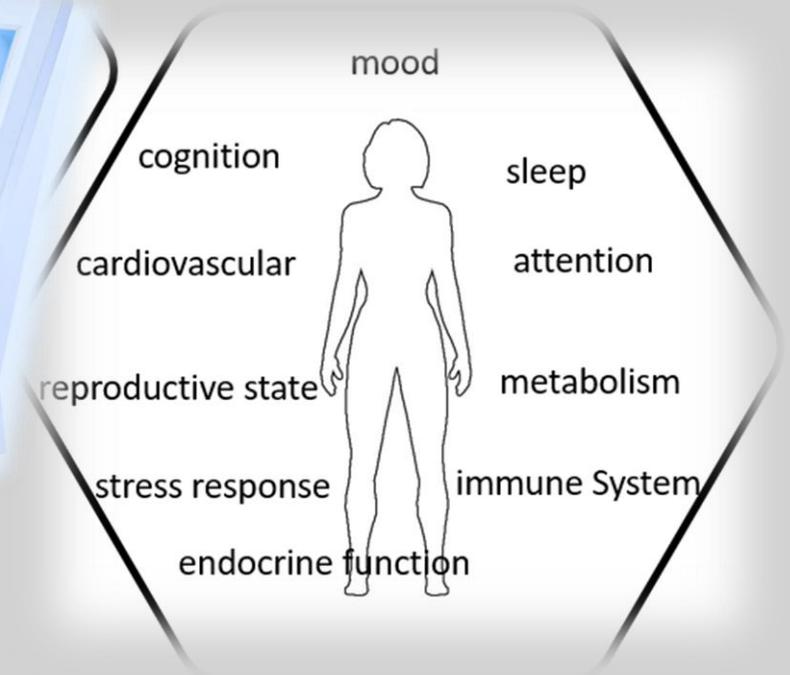
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5299389/>

light therapy lamps

If our biological clock (circadian rhythm) is off = a variety of health effects including metabolism, mood and our immune system



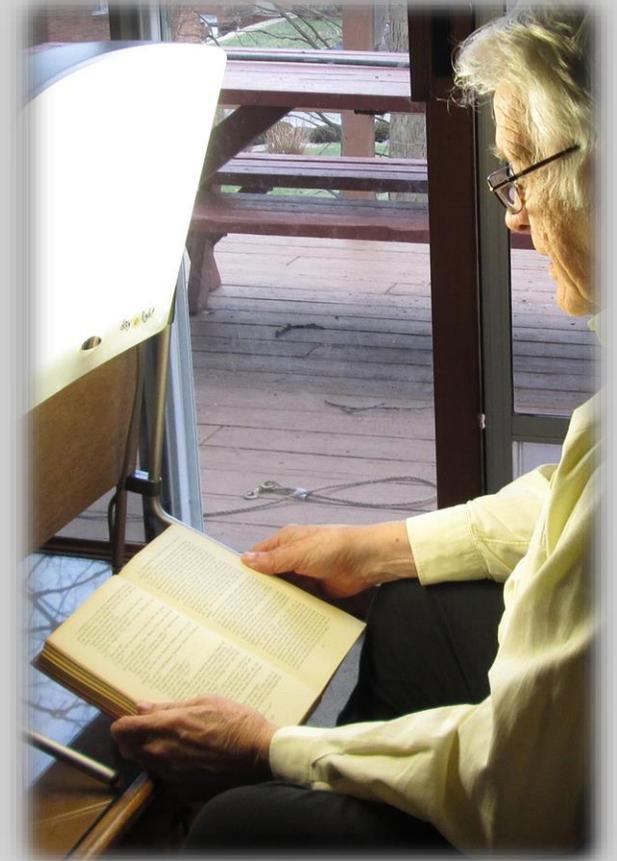
2,500-10,000 lux



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5299389/>

light lamp tips

1. Affect **brain** chemicals linked to mood and sleep, easing S.A.D. symptoms. help with other types of **depression**, bi-polar, sleep disorder and other conditions
2. Minimum intensity of 2,500 lux – about the same intensity as a slightly overcast day – to be effective
3. Place on a surface near where you sit or work, e.g. next to a computer or TV. Aim light at the eyes, but don't stare directly into it, it can cause eye damage.
4. Works best in the morning, mimicking the sun's natural cycle. Sessions can vary from 15 minutes to two hours, depending on the light's intensity, though most people begin with shorter intervals and work their way up.
5. Be sure to talk to your doctor before starting light therapy, especially if your eyes or skin are especially sensitive to light.



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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5299389/>

light - sunrise alarms



Ambient light clocks are sunlight-mimicking alarm clocks aid sleep by mimicking the natural dim of sunset and brightening of sunrise.

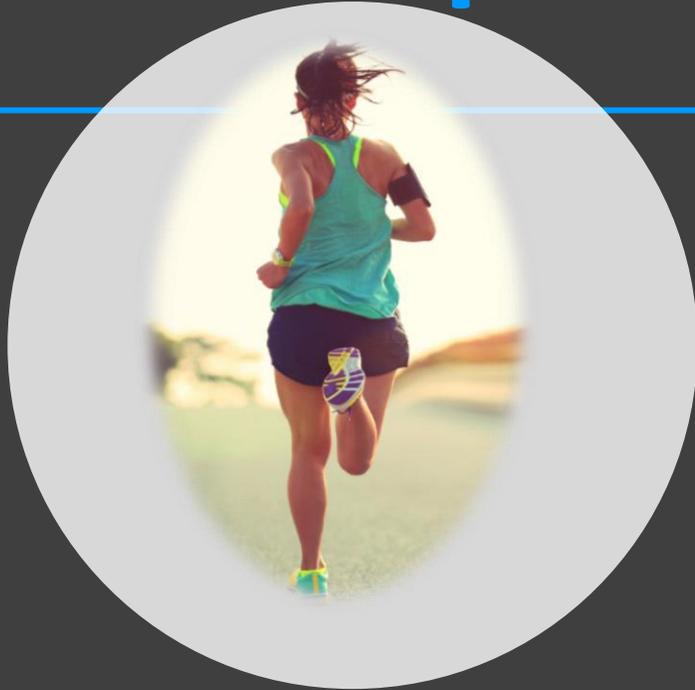
A - activity



- keep your body moving
- routines

<https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>

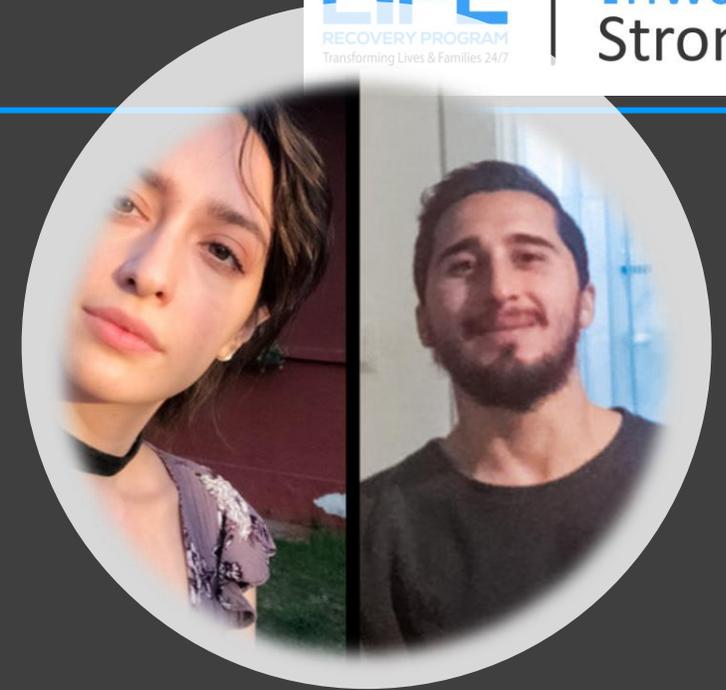
D – deepen connection



To values



To self



To others

deepen connection - values



Relationship



Faith, spirituality



Social



health



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deepen connection - self



music



mindfulness



Meditation

deepen connection – self



Tips for Healthy Sleep Hygiene

- Keep regular bedtimes and wake up times. Our brains/bodies like routine 😊
- Keep bedroom quiet, comfortable & dark
- Do a relaxing activity/technique 10-30 minutes before bed
- Get regular exercise
- Don't nap after 3pm and “power naps” (30 minute or less) only
- Don't lie in bed for long periods of (non-sleep) time
- Restrict of alcohol, caffeine, nicotine (especially in the evening)
- Turn off your television, cell phone, computer etc.

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deepen connection - self



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1. Be mindful, notice when you are suffering, make a mistake, are disappointed or upset. Noticing and accepting negative feelings about ourselves helps us respond with self-compassion.
2. Be kind, caring, and supportive toward yourself. Offer yourself acceptance and encouragement. Pay attention to your self-talk replace critical thoughts with something kind.
3. Imperfection is part of the human experience. Self-compassion understands that nobody is perfect.
4. This perspective will help you see that your experience is part of the larger human experience – you are not alone.

D – Deepen Connection - others



Family, friends





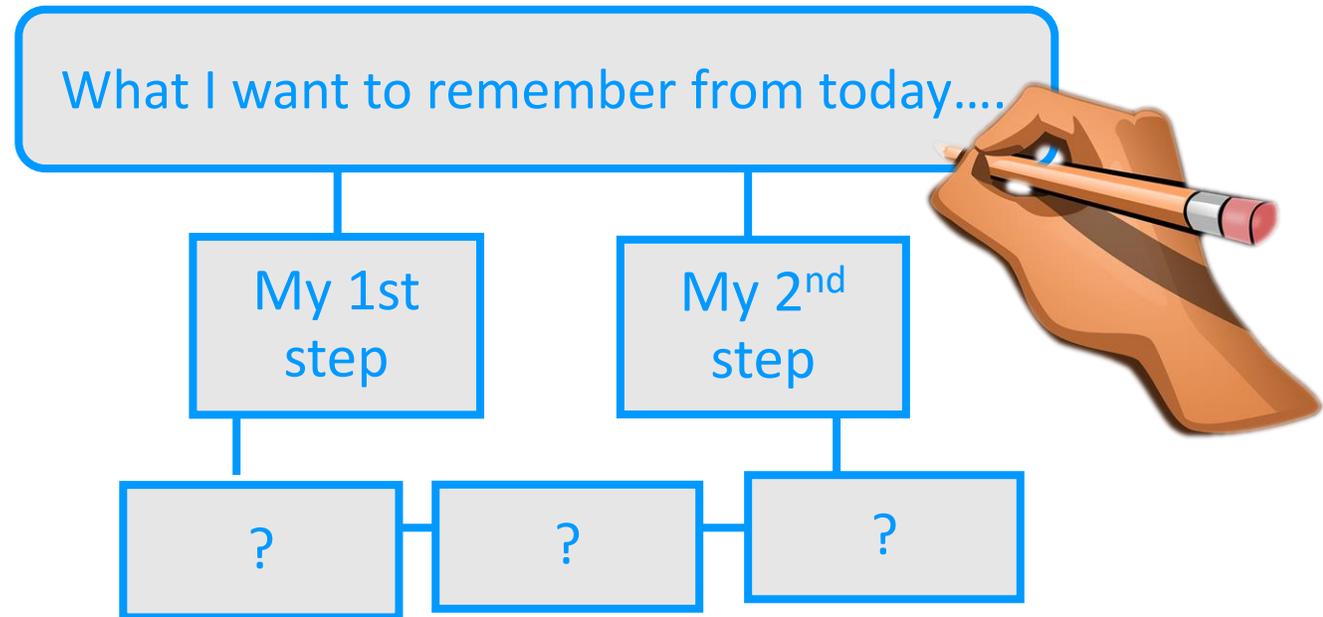
Summary



- Recognize the symptoms, early signs can be subtle. ...
- Get more light – go for a walk on a bright winter day
- Go to bed & get up at a consistent time... ...
- Keep your body moving. ...
- Watch those carbs
- Mindfulness – be present in your life
- Invest in your G.L.A.D. plan
- If need be, talk to a professional

In summary...

1. **What stood out to you** from the presentation today?
2. **What's one thing** you might do differently as a result of this presentation?



Q & A



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