Seasonal Affective Disorder (SAD):
SAD is a depression that typically begins during fall and lasts throughout winter, when there is less natural sunlight.

SAD Symptoms may include:
- Depression
- Anxiety
- Increased sleep and fatigue
- Moodiness
- Social withdrawal
- Difficulty concentrating
- Increased appetite with weight gain

It is important to contact a healthcare provider for diagnosis and treatment of SAD and other types of depression.

If you think that you or someone you know is depressed, please contact Student Counseling Services for a confidential consultation at (773) 702-9800.

Additional Ways to Decrease Your SAD Symptoms

Go outside
Bundle up and spend at least 30 minutes outdoors within two hours of getting up in the morning. Even on cloudy days, being outside can help decrease the effects of SAD.

Rise and shine
Keep a regular sleep schedule and get 7 to 9 hours of sleep each night.

Eat seasonal foods
Many nutrients that our bodies lack in the winter can be found in seasonal foods. Eat brightly colored vegetables and fruit, like apples and squash, as well as complex carbs like beans and lentils.

Exercise
Move your body for at least 30 minutes each day. The Department of Physical Education and Athletics offers a variety of opportunities to be active. Visit athletics.uchicago.edu to learn more.

Try a Light Box
Come to the Breathing Room on Thursdays from 3-5pm in Ida Noyes 034 to try our light box. Visit wellness.uchicago.edu to learn more.