UMass Department of Psychiatry Wellness News

University of Massachusetts Medical School

UMassMemorial

Seasonal Affective Disorder (SAD)
Information from Medline Plus
http://www.nlm.nih.gov/medlineplus/seasonalaffectivedisorder.html

Some people experience a serious mood change during the winter months, when there is less natural sunlight. This condition is called seasonal affective disorder, or SAD. SAD is a type of depression. It usually lifts during spring and summer.

Symptoms may include:
- Sad, anxious, or "empty" feelings.
- Feelings of hopelessness and/or pessimism.
- Feelings of guilt, worthlessness or helplessness.
- Irritability, restlessness.
- Loss of interest or pleasure in activities you used to enjoy.
- Fatigue and decreased energy.
- Difficulty concentrating, remembering details and making decisions.
- Difficulty sleeping or oversleeping.
- Changes in weight.
- Thoughts of death or suicide.

SAD may be effectively treated with light therapy. But nearly half of people with SAD do not respond to light therapy alone. Antidepressant medicines and talk therapy can reduce SAD symptoms, either alone or combined with light therapy. With no treatment, symptoms usually get better on their own with the change of seasons. However, symptoms can improve more quickly with treatment. Talk to your healthcare provider about which treatment options may be right for you. Get help right away if you have thoughts of hurting yourself or anyone else.

Stopping the Spread of Germs at Home, Work, and School
Information from the Centers for Disease Control and Prevention

1. **Get vaccinated**– The single best way to prevent the flu is to get a flu vaccine each season.

2. **Avoid close contact**- Avoid close contact with people that are sick. When you are sick, keep your distance from others to protect them from getting sick too.

3. **Stay home when you are sick**– If possible, stay home when you are sick. You will help prevent others from catching your illness.

4. **Cover your mouth and nose**– Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

5. **Clean your hands**– Washing your hands often will help protect you from germs.

Butternut Squash Bisque

1 T olive oil
2 to 3 pounds butternut squash, peeled and diced into 1 inch chunks
3 large carrots, chopped
1 medium onion, chopped
1 T ginger, minced
2 quarts vegetable stock or cold water
1/8 cup grated orange zest
1 bunch parsley, chopped
Pinch ground nutmeg
Salt and freshly ground pepper to taste

1. Heat the olive oil over medium heat in a large sauce pot.
2. Sauté the squash, carrots, onion and ginger for 3 minutes, until lightly browned.
3. Add stock and orange zest and bring to a boil.
4. Lower to simmer and cook uncovered for 35-40 minutes, until vegetables are tender.
5. Add the parsley, nutmeg and salt and pepper.
6. Puree the soup with a handheld immersion blender or in a food processor until smooth and creamy.

Serves 8 to 10 people
Per serving (435g): 107 calories; 2g fat, 0.3g sat fat; 23g carbohydrate; 2g protein; 3.6g fiber; 247 mg sodium

Recipe courtesy of the UMMS Center for Applied Nutrition
www.umassmed.edu/nutrition/index.aspx

For more information about the UMass Psychiatry Wellness Initiative contact: Barb Grimes-Smith, Program Director at (508) 856-8786 or Barbara.Grimes-Smith@umassmed.edu

For more information please visit:
UMass Psychiatry Wellness Initiative Web-Based Toolkit
www.umassmed.edu/psychiatry/wellness.aspx

Department of Psychiatry website
www.umassmed.edu/psychiatry

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