

季节性忧郁症

季节性忧郁症 (SAD) 是随着季节变化的一种忧郁症。通常会在冬天开始，然后随着春天的来临而结束。

季节性忧郁症带来的心理变化会影响人们的思考，感受，和处理日常生活活动的方式

季节性忧郁症的症状与抑郁症相关，但通常持续4-5个月。

- 感到忧郁，空虚，和焦虑
- 对曾经有兴趣的活动失去兴趣
- 感到绝望或感觉自己没有价值
- 难以集中注意力
- 疲劳或精力不足
- 失眠或嗜睡
- 食欲或体重变化

请与您的医生讨论合适您的治疗方案。
常规治疗方法包括：



光疗

每天早上坐在明亮的灯箱前（30-45分钟）可以弥补冬季自然阳光的减少。



心里治疗

与治疗师会面，学习更积极地思考并让自己安排有趣的活动。



抗忧郁药

与您的医生讨论服用药物及其可能的副作用。



维生素D补充

很多季节性忧郁症的患者会缺少维生素D，所以补充维生素D有可能会缓解症状。



照顾你的人体健康

保持健康的饮食习惯，定期锻炼，户外活动，充足的睡眠，以及保持社交联系都会有所帮助。

Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that happens during certain seasons. It usually begins in the winter and goes away in the spring. These mood changes can affect how people think, feel, and handle their daily activities.

Symptoms are associated with major depression, but generally last 4-5 months

- Sad, anxious, or empty feelings
- Loss of interest in activities
- Difficulty concentrating
- Feelings of worthlessness or hopelessness
- Fatigue or lower energy
- Difficulty sleeping or oversleeping
- Changes in appetite or weight

**Talk to your doctor about the right treatment for you.
Some treatments include:**



Light Therapy

Sitting in front of a bright light box every morning (30-45 minutes) can make up for the reduced natural sunshine in the winter.



Talk Therapy

Meet with a therapist to learn to think more positively and schedule engaging activities.



Antidepressant Medications

Talk to your doctor about taking medications and their possible side effects.



Vitamin D Supplements

Many people with SAD have vitamin D deficiency, so supplements can improve symptoms.



Take Care of Your General Health

Eating healthy, exercising regularly, spending time outdoors, getting enough sleep, and staying connected to others can help.