

Seasonal Depression: What to Look For

Fatigue

No matter how much you sleep you may never feel fully rested. This can also be a symptom of a more serious condition. If you have other symptoms it may be worth a phone call or trip to your doctor.



This may also manifest in sleeping more than normal or at strange hours of the day.

Seasonal depression is real and is increasingly prevalent during the holidays. There are things you can look for in yourself and in your loved ones to help start the conversation and decide to seek help. During the COVID-19 pandemic caring for yourself and your loved ones has become increasingly important. Here are some symptoms to look out for.

Trouble Concentrating

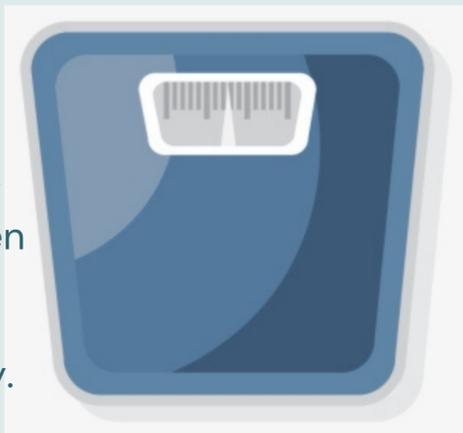
You may notice that you struggle with your typical tasks or cannot concentrate in conversations.

This may be worsened by the movement of many activities and jobs online.



Weight Gain

You may notice weight gain due to increased appetite or lack of energy to burn the calories you consume. Finding ways to safely exercise to stay healthy has been difficult, but 30 minutes of exercise a day can help to keep you and your loved ones healthy.



This is also related to sleeping more and using food to avoid others.

Increased Desire to Be Alone

You or your loved one may not want to be around as often and may cancel plans or avoid socializing more than is typical. This may be more difficult to see during the COVID-19 pandemic and may manifest in avoiding phone calls or other safe events.

Avoiding events that you usually enjoy is another way this can manifest.



Thoughts of Suicide or Self-Harm

If you feel like you or a loved one may be at risk of self-harm or suicide please call the National Suicide Prevention Hotline 800-273-8255. They are available 24/7 and can help you locate resources to protect yourself and your loved ones.

What Do I Do If I Notice These Symptoms?

If you notice these symptoms in yourself or a loved one, don't panic. There are many resources available to help you through this tough time. You may want to contact a local mental health professional, and talk to your family and friends for support. The holidays can be a rough time for people who have lost loved ones or who are going through a life change, but remember, you do not have to go through it alone.