

When the Seasons Change, Your Mood Can Too

Understanding Seasonal Affective Disorder

As summer fades and the days gradually become shorter, some people notice changes in their mood, energy, sleep, and motivation. Sometimes, these changes are more than the usual adjustment to a new season.



LEARN ABOUT DEPRESSION & SUPPORT



What Is Seasonal Affective Disorder?

Seasonal Affective Disorder, commonly known as SAD, is a form of depression associated with seasonal changes. It most commonly begins during the fall or winter months and can affect how a person feels and functions in society.

Some common signs can include:

- ✓ Persistent sadness or low mood
- ✓ Loss of interest in activities you normally enjoy
- ✓ Low energy or fatigue
- ✓ Changes in sleep or appetite
- ✓ Difficulty concentrating
- ✓ Minddrawing from friends, family, or activities



Recognizing these changes early can make it easier to seek appropriate support.



Small Steps Can Make a Difference

Maintaining a consistent sleep schedule, spending time outdoors, and playing physically active, and remaining socially connected can support emotional wellbeing.

When symptoms begin interfering with work, relationships, or everyday life, talking with a mental health professional may also help.



Someone You Know May Need Support

You may be doing well, but perhaps someone in your life is having a more difficult time.

If a friend, family member, colleague, or loved one has been struggling with a problem, anxiety, or a difficult transition, you're always welcome to share with NYC Psychotherapy Cooperative.

Our experienced therapists work with individuals, couples, and families in a compassionate and supportive environment.

REFER SOMEONE YOU CARE ABOUT



Support Is Here When It's Needed

Whether you're considering returning to therapy yourself or helping someone you care about find support, we're here to help.

NYC Psychotherapy Cooperative offers both in-person and telephonic support. The NYC Psychotherapy Coop is available for those considering getting started.

BOOK A FREE CONSULTATION

When the Seasons Change, Check In With Yourself

A seasonal affective disorder self-check

As the days get shorter, it can be hard to tell whether you're just adjusting to fall, or dealing with something more. Check off what's felt true for you over the past two weeks.

Some common signs to watch for

- ☐ I've felt persistently sad or low
- ☐ I've lost interest in activities I normally enjoy
- ☐ I've had low energy or felt fatigued
- ☐ My sleep or appetite has changed
- ☐ I've had difficulty concentrating
- ☐ I've been withholding from friends, family, or activities

Total checked: _____ / 6

Where this leaves you

If several of these feel familiar, talking with a mental health professional may help.

To book a free consultation, call
+1 212-675-8497 or Mail: **info@nycpsychotherapycoop.com**.

This checklist is a reflection tool, not a diagnostic screening. If you're in crisis or thinking about harming yourself, call or text any time.