



# Healthy Holidays

## Health and Wellness Tip of the Week

Week 49 – December 2, 2019

### **Jolly and Bright or SAD?**

The holiday season is a time that can be filled with joy, family, friends and cheer. But if you suffer from Seasonal Affective Disorder (SAD), your mood can become gloomy with seasonal changes.

If this sounds like something you feel seasonally, talk to your doctor about ways to change these feelings. There are many choices for SAD. A few examples are medicine, psychotherapy and vitamin D. Your doctor will be able to decide if you are in fact suffering from SAD. Make your holidays merry and bright again.

*Source: National Institute of Mental Health*

### **City of Mission**

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Our mission is to promote health  
awareness and encourage healthy  
lifestyles.

[www.missiontexas.us](http://www.missiontexas.us)

