

Health & Wellness

Tip of the Week

December is all about **Safe Holidays**. It is the perfect time to remind you about the importance of staying healthy and safe this holiday season .

Week 49
December 5, 2016

Holiday Blues?

The holiday season can be filled with joy—unless you suffer from Seasonal Affective Disorder (SAD). If your mood becomes sad with seasonal changes you may be a victim of SAD. Studies show close to 6 percent of adults and children go through SAD.

Mild signs of SAD can be treated in a number of ways:

- 🌲 Learning how to deal with your illness
- 🌲 Staying active
- 🌲 Spending more time outdoors to get more sun
- 🌲 Skipping junk food and eating right
- 🌲 Getting support from family and friends
- 🌲 Keeping set sleep habits

Is SAD putting a damper on your spirit? Think about seeking expert help to help make your mood and the season bright.

Sources: National alliance on Mental Illness; U.S. Department of Health & Human Services



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