

# Mental Health Check-In

## With the North Bay MFRC



### WHAT IS SEASONAL AFFECTIVE DISORDER (S.A.D)?

Seasonal Affective Disorder is more than just feelings of the winter blues. This form of depression mainly occurs at the same time every year and can last an entire season. Most people will experience Seasonal Affective Disorder during the fall and winter months, but summer Seasonal Affective Disorder can occur starting in the springtime.

#### What are some of the symptoms of Seasonal Affective Disorder?

It is important not self-diagnose, however if you are experiencing several of these symptoms at certain times of the year, it is important to speak to your doctor or healthcare provider.

They can include:

- Symptoms that are present most days and last most of the day, lasting more than two weeks
- Impairs the person's performance at work, at school or in social relationships.
- Changes in appetite and weight, Trouble sleeping or interrupted sleeping patterns
- Loss of interest in work, hobbies, people or sex, Withdrawal from family members and friends
- Feeling useless, hopeless, excessively guilty, pessimistic or having low self-esteem, agitation or feeling slowed down, irritability
- Fatigue, Trouble concentrating, remembering and making decisions
- Crying easily or feeling like crying but not being able to, Thoughts of suicide (which should always be taken seriously)
- A loss of touch with reality, hearing voices (hallucinations) or having strange ideas (delusions).(1)

Financial Counselling after the holidays!

A confidential service provided in a respectful and timely manner to CAF serving members and their spouses. We can assist with:

- Providing the necessary tools, skills, techniques and knowledge to maintain sound and effective personal financial management practices.
- Developing action plans to prevent and resolve financial distress issues.
- Having access to loans and grants through Support Our Troops.

For more information and to book an appointment: SISIP Petawawa - 1-613-687-0025 | SISIP.com

### Need assistance after hours?

CF Member Assistance Program: 1-800-268-7708

Family Information Line: 1-800-866-4546

24 Hour Crisis Line North Bay: 1-800-352-1141

Emergency Services: 911

### What can I do about Seasonal Affective Disorder?

Regular exercise, a healthy diet, good sleep habits, staying connected to others, balanced thinking techniques, and managing stress have all been shown to reduce the symptoms of depression. Getting as much natural light as possible can help decrease the feelings of Seasonal Affective Disorder. This can include lunch time walks, spending more time in front of a window, opening the curtains during the day, etc. These are helpful if you have only mild changes in your mood that follow a seasonal pattern. Doing these things can also help alongside treatment for more moderate or severe symptoms.(2)

### What are other tools to combat Seasonal Affective Disorder?

**Light Therapy:** studies are showing that light therapy is the most effective tool against Seasonal Affective Disorder. There are many varieties of Happiness Lamps available on the market today. You can test one out at the MFRC ME! Space at the Chapel Annex.

**Counselling:** speaking to a mental health professional about your feelings and symptoms can help you find techniques to better address Seasonal Affective Disorder. If you or a loved one can benefit from counselling services, connect with your MFRC today.

**Anti-depressants:** in some circumstances, anti-depressants may be prescribed to alleviate the symptoms of depression. Anti-depressants should not be taken without speaking to a healthcare professional and should be taken as prescribed only.



[1] <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/seasonal-affective-disorder>

[2] <https://cmha.bc.ca/documents/seasonal-affective-disorder-2/>

## Your local North Bay MFRC

39 Sterling Ave.  
Hornell Heights, P0H 1P0  
705-494-2011 x 2053  
[northbaymfrc.ca](http://northbaymfrc.ca)  
[cfmws.ca](http://cfmws.ca)

For more information on the **Prevention, Support, & Intervention** programs at the MFRC visit: <https://www.northbaymfrc.ca/programs-services/prevention-support-intervention/>



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