

YOUR EMPLOYEE ASSISTANCE PROGRAM

Just what the doctor ordered— with or without a prescription

Once called the “winter-time blues,” Seasonal Affective Disorder (SAD) is a real issue. Symptoms of depression, loss of motivation, and fatigue have, in many instances, been attributed to prolonged exposure to cold weather and low sunlight. To help you manage it, let your Deer Oaks Work/Life Program shed some light on these and other topics:

- Recognizing symptoms
- Remaining active and focused
- Maintaining social connections
- Planning a getaway to a sunny location
- Identifying potential treatments, including light therapy, physical therapy, and cognitive behavioral therapy



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



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