

## Jake Says: Feeling A Little SAD?

### Seasonal Affective Disorder might be slowing you down

With the shorter winter days, I sure am missing my favorite spot to lie in the sun. Do you feel like your “get-up-and-go” has “got-up-and-gone?” Maybe you’re feeling a little blue or not like your usual self? Maybe you’re snacking more often or having trouble concentrating? It could be more than just “the winter blues” — you could be feeling the effects of Seasonal Affective Disorder (SAD). You’re not alone — SAD is experienced by at least 10 million Americans to some degree.

The severity of SAD symptoms, such as depression and fatigue, increases throughout the day. Nearly 80 percent of those suffering from SAD are women, and SAD can increase symptoms of PMS.

#### Lighten Up!

If you’re feeling some symptoms of SAD, spending at least 30 minutes outside at mid-day, when the light is brightest, can help. Studies show that even exposure to brighter lighting indoors for a few hours, especially in the morning, can alleviate SAD symptoms.

One treatment option for SAD is light therapy. The Women’s Center, located on Midway Drive, has a SAD Treatment Lamp available for use by the Kent State University community. The lamp is available on a first-come, first-served basis from 8 a.m. - 5 p.m. weekdays or can be reserved by calling 330-672-9230.

If you think you are experiencing SAD, talk to a counselor or healthcare provider. On-campus resources include:

- Counseling and Human Development Center, 325 White Hall: 330-672-2208
- Psychological Services at University Health Services, Eastway Drive, 330-672-2487

Paws Up!

Jake 



YAWN!

Jake,  
Dogs on Campus therapy dog

**KENT STATE**  
UNIVERSITY  
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