

## **All Change! - Winter Blues or Seasonal Affective Disorder (SAD)**

We are now seeing and feeling a change in the seasons, for many this can be a time when we just feel like wrapping up and enjoying the seasonal changes. But for others however they just feel like hibernating and nestling in for the cold and darker months ahead, symptoms can be severe enough to disrupt their lives and cause distress. Symptoms tend to start around September each year lasting until April, but are at their worst in the darkest months. Symptoms include:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, craving for foods high in carbohydrates
- Weight gain
- Difficulty in concentration and processing information

Acupuncture is very good at balancing hormones, regulating emotions and is effective in the treatment of [depression](#).

Here is an article which will help you understand SAD from a traditional Chinese medicine perspective. [Seasonal Affective Disorder from a TCM perspective](#).