

Soundbite Script – When the change of seasons has you feeling SAD

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"Seasonal affective disorder is also known as seasonal depression. It's a form of depression that occurs during different seasons. There's winter onset seasonal affective disorder, which typically begins during the fall months. And then there's a summer depression, where symptoms develop during spring and summer." (:25)

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"The symptoms of the winter onset SAD include symptoms such as depression, feelings of guilt and a lack of desire to do those things that you typically love doing. There's a carbohydrate craving, it can impact sleep, and there can be feelings of suicidal ideation or thoughts." (:21)

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"We have this biological clock within us that's used to so much sunlight that in the wintertime – that changes. It gets darker earlier, and that can impact our mood, our sleep, our hormones; and can lead to some of these symptoms." (:19)

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"We look at things like, are you having symptoms of depression? Are those symptoms of depression occurring during a specific time of the year, every year, and have those symptoms occurred two or more times during a specific season where you've experienced these feelings?" (:20)

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"If you are feeling symptoms of depression, isolation, sleep issues, gaining weight, not feeling yourself, and especially feeling like harming yourself, I want you to reach out to your health care provider. We can discuss different options to you, whether that's medication or non-medication options to help you through this hard time." (:23)