



Big Brothers Big Sisters of Yorkton and Area

Fitness Friday

April 1, 2021



April Fools! It's only Thursday, but due to the Good Friday Holiday you are receiving this today :)

Today we will touch on Mental and Physical Fitness by learning about SAD

What is SAD

(Seasonal Affective Disorder)?

Seasonal affective disorder (SAD) is a form of depression that appears at the same time each year. With SAD, a person typically has symptoms of depression and unexplained fatigue as winter approaches and daylight hours become shorter. When spring returns and days become longer again, people with SAD experience relief from their symptoms, returning to their usual mood and energy level.

What Causes SAD?

Experts believe that, with SAD, depression is somehow triggered by the brain's response to decreased daylight exposure. No one really understands how and why this happens. Current theories about what causes SAD focus on the role that sunlight might play in the brain's production of key chemicals.

What are the symptoms of SAD?

- changes in mood
- low energy
- change in sleep
- difficulty concentrating
- lack of enjoyment
- change in eating
- less time socializing

How is SAD Diagnosed and Treated?

Doctors and mental health professionals make a diagnosis of SAD after a careful evaluation. A medical checkup is also important to make sure that symptoms aren't due to a medical condition that needs treatment. Tiredness, fatigue, and low energy could be a sign of another medical condition.

Stayed tuned for info on a 50 day Fitness Challenge. Check your emails on Tuesday April 6 for more information.



Dealing with SAD:

- Follow your doctor's recommendations for treatment.
- Learn all you can about SAD and explain the condition to others so they can work with you.
- Get plenty of exercise, especially outdoors.

Exercise can be a mood lifter.

-Spend time with friends and loved ones who understand what you're going through — they can help provide you with personal contact and a sense of connection.

-Be patient. Don't expect your symptoms to go away immediately.

-Ask for help with homework and other assignments if you need it. If you feel you can't concentrate on things, remember that it's part of the disorder and that things will get better again.

-Talk to your teachers and work out a plan to get your assignments done.

-Eat right. It may be hard, but avoiding simple carbohydrates and sugary snacks and concentrating on plenty of whole grains, vegetables, and fruits can help you feel better in the long term.

-Develop a sleep routine. Regular bedtimes can help you reap the mental health benefits of daytime light.

A great way to help with SAD is by physical activity! Check out the youtube video below for some great things to do outside in the springtime.

<https://youtu.be/FMe5b4Oq3QY>