**Email blurbs for Getting Through the Dark Months**

**Intro Email:**

Welcome to the next three weeks of *Getting Through the Dark Months*. With the winter months, we may feel more prone to lethargy, dampened moods, and even depression. This campaign will introduce to you the main facts about Seasonal Affective Disorder (SAD), how to treat it, and how exercise and diet can combat SAD.

**Week 1: Introduction to SAD**

What is SAD? Are you affected by SAD? Do you tend to hibernate in the winter in which you are more withdrawn, have less energy, oversleep, and put on weight? Find out here what SAD is, its symptoms, causes, and risk factors. Remember, if you need additional help, *please* contact your EAP who can provide the kind of support you need! \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Week 2: Treating SAD**

If you have identified that you have SAD (or a mild form of it), what can you do? Here, we provide natural treatments such as regulating your sleep patterns, as well as a review of the common treatments used to treat SAD, such as light therapy or SSRIs. Talk to your doctor if you are interested in one of these treatments as well as your EAP \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Week 3: Combat SAD with Diet and Exercise**

Last week we were given a great list of different treatments for SAD. This week, we saved two of the most cost-effective and worthwhile treatments that do *more* than just treat SAD! Read more to see how a healthy diet and exercising through the winter months can make a huge impact in improving your mental health and physical health. Since this is the last week of the email campaign, try to incorporate one of these suggestions this week (e.g., replace white bread for whole grain bread, go for a walk at lunch, try a protein-rich smoothie in the morning for breakfast, etc). Remember, if you need additional help, *please* contact your EAP who can provide the kind of support you need! \_\_\_\_\_\_\_\_\_\_\_\_\_\_