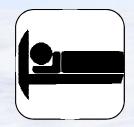
Steps toward brighter tomorrow



Regulate sleep

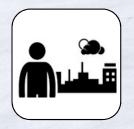




Stay active Minimize heavy carbs



Light therapy



Go outside when

it's bright



Talk to your doctor

Symptoms of SAD
More lethargic
Trouble waking up
Oversleeping

- Oversleeping
- Crave high-carb foods
- Lack interest in enjoyable things

Feel free to connect with EAP or EWSNetwork for support.

> Employee (Wellne Solutions Networ

National Health Service Choices. 2013.