

# Steps toward a brighter tomorrow



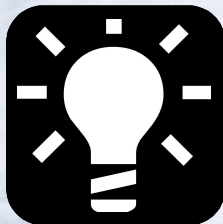
Regulate sleep



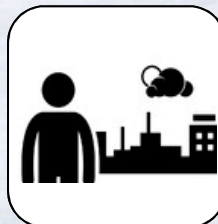
Stay active



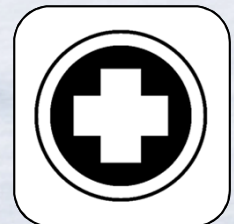
Minimize heavy carbs



Light therapy



Go outside when it's bright



Talk to your doctor

## Symptoms of SAD

- More lethargic
- Trouble waking up
- Oversleeping
- Crave high-carb foods
- Lack interest in enjoyable things

Feel free to connect with EAP or EWSNetwork for support.

