**Introdutory Email**

Welcome to *Getting Through the Dark Months*. During the colder winter months, we may be more likely to experience lethargy, dampened moods, and even depression. This campaign will introduce some facts about Seasonal Affective Disorder (SAD) and how to treat it. You’ll also learn how diet and exercise are also very effective in combatting SAD.

**Week 1: Introduction to SAD**

What is SAD? Are you affected by SAD? Do you tend to hibernate during the winter and feel more withdrawn, have less energy, oversleep, and experience weight gain? Learn more about SAD including its symptoms, causes, and risk factors. Remember, if you need additional help, *please* contact EAP or your EWSNetwork health coach to access the support you need!

*Insert EAP contact information here.*

**Week 2: Treating SAD**

If you have identified that you have SAD (even a mild form of it), what can you do? This week, we provide information on some natural treatments such as regulating your sleep pattern, and review some other common treatments for SAD including light therapy and medications. Speak with your doctor if you are interested in learning more about these treatments.

*Insert EAP contact information here.*

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

Last week, we shared an informative list of treatments for SAD. This week, we focus on two of the most worthwhile and cost-effective treatments that can do more that just treat SAD! Read on to see how a healthy diet and regular exercise can make a huge impact on improving your mental and physical well-being.

Since this is the last week of the campaign, try to implement one of these suggestions. For instance, replace white bread with a whole grain option, go for a walk during lunch, or try a protein-rich smoothie for breakfast.

*Insert EAP contact information here.*