

TO YOUR HEALTH

Carleton-Willard Village Out-Patient Clinic - 100 Old Billerica Rd., Bedford, MA 01730

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Shedding Light Maeve Lobo, LICSW

The phrase *Seasonal Affective Disorder (SAD)* was first mentioned in 1984 by Norman Rosenthal of the NIMH. He had suffered from this seasonal depression and the recurrent pattern. SAD is a form of depression and usually affects individuals at the same time of the year. Due to diminishing amounts of light, winter has the greatest impact on this illness. January and February are the most difficult months for individuals with SAD.

Cases of SAD normally develop in young adulthood. Those who suffer from Major Depression or Bipolar Disorder are also more susceptible to SAD. Family history and living further away from the equator are other indicators that may influence developing a Seasonal Affective Disorder.

Symptoms

- Lethargy, diminished energy and hopelessness
- Change in appetite, increased urge to eat carbohydrates and sugar
- Difficulty sleeping
- Thoughts of death and committing suicide

Causes

- The disruption of the body clock, known as the circadian rhythms, has been identified as a cause of SAD.
- Decreasing levels of serotonin that control moods and the disruption of melatonin levels that promote sleep have been attributed to causing SAD.

Treatment

- Light therapy boxes are suppose to mimic outdoor light. It has been recommended that light therapy is used for 20 minutes daily in the morning during the winter months. Though it is considered safe, the FDA has not approved or regulated these devices. As a result health

- insurance companies rarely cover the cost.
- Talk therapy in the form of Cognitive Behavior Therapy (CBT) has been a useful tool. Medicare covers mental health therapy but deductibles and copays will be applied.
- Antidepressants
- Vitamin D
- Practice wellness - routine, exercise and hobbies will help diminish the condition.

NIMH.nih.gov Mayoclinic.org Medicare.gov Psychiatry.org



Four out of five people who have seasonal depression are woman.

Mental Health America

Leafy Lifestyle

A study in 2018 came out with an antidepressant food score. Vegetables, organ meat and fruit rank highly on the scale. Are you eating your greens? Here is a list of some Antidepressant plant based foods.

Watercress	Spinach	Fresh Herbs
Lettuce	Swiss Chard	Cauliflower
Red Cabbage	Broccoli	Butternut Squash



[This Photo](#) by

World J Psychiatry 2018 Sep 20

The average January sunshine in Massachusetts is 5.3 hours.



Check out an online TED Talk

Pay attention to your body's master clock | Emily Manoogian | TEDxSanDiegoSalon

<https://ideas.ted.com/sad-seasonal-affective-disorder-is-not-just-the-winter-blues/>

How the Light Comes

a poem by Jan Richardson

I cannot tell you
how the light comes.
What I know
is that it is more ancient
than imagining.

That it travels
across an astounding
expanse
to reach us.

That it loves
searching out what is
hidden,
what is lost,
what is forgotten
or in peril
or in pain.

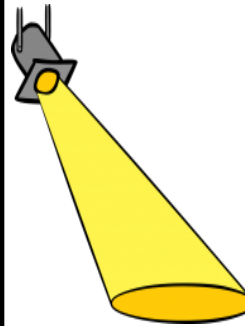
That it has a fondness
for the body,
for finding its way
toward flesh,
for tracing the edges
of form,
for shining forth
through the eye,
the hand, the heart.

I cannot tell you
how the light comes,
but that it does.
That it will.

That it works its way
into the deepest dark
that enfolds you,
though it may seem
long ages in coming
or arrive in a shape
you did not foresee.

And so
may we this day
turn ourselves toward it.
May we lift our faces
to let it find us.
May we bend our bodies
to follow the arc it makes.
May we open
and open more
and open more still
to the blessed light
that comes.

Spotlight



Small rays of light are being filtered out of the Cluster Homes. Amy Brieting has been shedding light through the pandemic and will continue to do so thorough the winter months. Amy has been making masks for the

Coalition Mask Network and to date has made between 1100 – 1200 masks.

These face covering have found their way into the Navaho Nation, Concord Prison Outreach and an Animal shelter. A group of residents in Taunton were given masks to have access to the local food pantry. Amy reported that, “Service is something I really enjoy” and “I always try to do some volunteer work.” She added that making masks, “is an important piece of work... and it has been challenging along the way.” Amy makes mask of every size and has been adding some custom-made touches. In honor of Supreme Court Justice, Ruth Bader Ginsburg, she recently added some lace to a mask that her sister -in-law wears.

Lacing up for RBG

Mask Magic

