

Avoiding Seasonal Affective Disorder at Work

According to the Cleveland Clinic, 5% of adults in the U.S. — about 10 million people — experience Seasonal Affective Disorder (SAD). It tends to start in young adulthood (usually between the ages of 18 and 30) and can return during the fall and winter throughout your life.

An even higher percentage, about 10% to 20% of people in America, get a milder form of the winter blues. SAD manifests through a dozen different symptoms, all of which can make getting to, focusing on, and succeeding at work extremely difficult.

So, what can you do when the weather changes and symptoms like anxiety, sadness, or extreme fatigue and lack of energy become more common?

5 Ways To Combat SAD Symptoms at Work

1 Get some sunlight when you can. One of the most significant parts of SAD is the lack of sunlight; a main reason for developing SAD is often linked to reduced sunlight exposure during fall and winter. By going on morning walks, outdoor breaks at work (weather permitting), or even sitting near windows or areas with natural light, you can improve your mood and feel lighter.

2 Take Vitamin D supplements. If sunlight is too hard to obtain because of your work schedule or life responsibilities, talk to your primary care physician about adding supplements like Vitamin D to your day.

3 Maintain a consistent routine. With the sun setting earlier, it's easy to get tired fast. By maintaining a routine, like starting your day with a positive ritual and always prioritizing your hardest tasks first to avoid feeling overwhelmed, you can keep your day moving and feel productive, no matter what the weather brings.

4 Prioritize physical activity. SAD can negatively affect your mood — but working out can have the opposite effect. Exercise boosts endorphins and serotonin.

5 Talk with coworkers. Did you know that isolation can make

symptoms of SAD worse? Consider talking to a therapist as part of the EAP your work offers or participating in team lunches, virtual coffee chats or office events.

Give some, or all, of these strategies a try if you're feeling low during the fall and winter to see if they make a difference.

"Seasonal Affective Disorder," National Institute of Mental Health, [nimh.nih.gov](https://www.nimh.nih.gov), Accessed October 6, 2025.

"Exploring Seasonal Mental Health Patterns Across U.S. Centers," Mental Health Centers, [mentalhealthcenters.org](https://www.mentalhealthcenters.org), Accessed September 27, 2025.

8 WAYS To Show We Care During Future Disagreements



We've all experienced firsthand that communication is truly the foundation for any healthy relationship. When we communicate to understand one another, we relay nonverbally and respectfully that we care for the other person, no matter who it is.

Meaningful, healthy relationships are among the leading drivers that support whole-person wellbeing. Fulfilling relationships can reduce stress, boost mental and physical wellbeing, and may even increase longevity. Quality relationships are really the fruit of life — making our many memories all the sweeter.

We can strengthen the important relationships in our lives by choosing how we disagree with each other.

1 "You start." This signals we want to understand where the other person is coming from. It allows each of us to feel heard.

2 "Can we slow down?" This phrase acknowledges the important role we both play in the relationship. It's wildly different than saying, "Calm down," which typically has poor results.

3 "I see the impact I had on you." To recover from a conflict, it's helpful to recognize the affect it had on the other person, whether it was well-intentioned, intentional or otherwise.

4 "Would that be OK?" A great way to transition into a tough conversation is to simply ask first, "I want to talk to you about XYZ; would that be OK?" It's a powerful way to convey kindness and consideration.

5 "What do you feel that I'm not getting about your experience?" Even if we've known someone for decades, we are not mind-readers. To boost understanding and validation, we can use a phrase like this, or similarly, "I want to know more where you're coming from."

6 "Let me try that again." This is what many psychology professors call a good 'repair attempt,' or a statement that prevents conflict or negativity from escalating. It's

especially helpful to use when something comes out harsher than we intended.

7 "What does the relationship need from us right now?" This is a high-ground shift in perspective. Whatever the relationship, we're in it together. We both care. This phrase helps affirm that notion while pushing the conversation in a positive direction.

8 "Thank you." We can thank someone for anything. It sends a big message of appreciation that helps yield positive results!

"Eight Phrases to Help Your Relationship Thrive," Catherine Pearson, nytimes.com, Sept. 12, 2025.



Reduced-Sodium Chicken Noodle Soup

Prep Time: 5 minutes Cook Time: 30 minutes Serves: 8

Instructions

1. In a large saucepan, heat olive oil over medium heat and cook onion, carrots, celery and garlic for 5-6 minutes, or until onion is translucent and fragrant. Add the thyme and cook for an additional minute.
2. Next, add the chicken broth and bay leaves. Turn the stove up to high and bring the broth to a boil.
3. Add the chicken breasts, turn the stove down to medium-low, and simmer the chicken for 15 minutes. Next, add the pasta to the pot and simmer for an additional 10-12 minutes until the pasta is tender and the chicken has cooked through and is no longer pink inside.
4. Transfer the chicken breasts to a bowl and shred using two forks.
5. Add the shredded chicken back to the pot. Season with salt and pepper, to taste. Sprinkle with fresh chopped parsley, if desired, and enjoy!

Nutrition Information

Serving: 195 grams, Calories: 249kcal, Carbohydrates: 21g, Protein: 28g, Fat: 6g, Sodium: 235mg, Fiber: 2g, Sugar: 3g

Recipe adapted from: hauteandhealthyliving.com

Ingredients

- 1 tablespoon olive oil
- 1 small onion, diced
- 5 large carrots, diced
- 5 ribs of celery, diced
- 5 garlic cloves, minced
- 1 teaspoon fresh thyme (or ½ teaspoon dry)
- 12 cups reduced-sodium chicken broth
- 2 bay leaves
- 1 ½ pounds skinless boneless chicken breasts (about 3 chicken breasts)
- 2 cups dry pasta of choice
- Salt and pepper to taste
- Finely chopped fresh parsley, to garnish (if desired)