



## Everyone is having fun in the sun – why can't I?

Summer is finally here. Gone are the dark, cold days of what felt like a never-ending winter. Most are happy to embrace the warmth and activity of the summer months; but for others, the pressure to “*have fun*” and “*go explore*” feels isolating or difficult.

In fact, 10% of people experience what is sometimes called Reverse Seasonal Affective Disorder (Reverse SAD).<sup>i</sup> Longer time spent in heat and humidity, disrupted sleep schedules, self-consciousness with body image, and late nights<sup>ii</sup> could lead those with Reverse SAD to experience the following<sup>iii</sup>:

- Decrease in appetite
- Feeling agitated or irritable
- Difficult sleeping
- Anxiety

## You're not alone.

If Reverse SAD isn't keeping you down but the pressure to enjoy nicer weather, schedule changes, or new responsibilities is – give one of the following a try:

- ✓ **Create a schedule.** Take time to get organized. This will help reduce the stress of the change in you or your family member's schedules.<sup>iv</sup>
- ✓ **Prioritize sleep.** Going to bed and waking up at the same time has a big impact on energy levels and can help you maintain a good sleep routine.<sup>v</sup>
- ✓ **Exercise or play inside.** Exercising sends feel-good hormones throughout your entire body, which helps you handle the physical stress of exercise. The more you are physically active, the more your body gets used to handling stress of all kinds.<sup>v</sup>

- ✓ **Accomplish something each day.** Check something small off your to-do list, such as doing the dishes, going for a walk, or scheduling that appointment. Then, celebrate the small successes along the way.<sup>iv</sup>
- ✓ **Stay in touch with people.** Call or video chat with someone you haven't seen in a while. Simply seeing and interacting with others — even virtually! — can boost your mood. If you're up for it, think of ways you can get out and enjoy nature at the same time.<sup>v</sup>

### Help is just a click away.

Learn to Live offers support for you this summer and throughout the year. Take a 5-minute, confidential assessment, start a self-paced CBT program for Stress, Anxiety, & Worry, Depression, Social Anxiety, Insomnia, or Substance Use — and even [connect with a Learn to Live Coach](#). You and your family members (ages 13 and older) can participate for free. We have tools, [new video topics](#), and resources that can help you in just 5 minutes a day.

Visit [learntolive.com/partners](https://learntolive.com/partners) and use the free code **INTACT1** to get started. If you're already a member, [log into your account](#) to continue or to start a new program.

### References

<sup>i</sup> Melrose, S. (2015). Seasonal Affective Disorder: An Overview of Assessment and Treatment Approaches. *Depression Research and Treatment*, 2015, 178564. <http://doi.org/10.1155/2015/178564>

<sup>ii</sup> Griffin, R. M. (n.d.). Tips for Summer Depression. Retrieved from <https://www.webmd.com/depression/summer-depression#1>

<sup>iii</sup> Orenstein, B. W. (2011, July 07). When Summer Makes You SAD. Retrieved from <https://www.everydayhealth.com/depression/when-summer-makes-you-sad.aspx>

<sup>iv</sup> Borchard, T. J. (2011, June 21). 6 Tips to Help Summer Depression. Retrieved from <https://psychcentral.com/blog/6-tips-to-help-summer-depression/>

<sup>v</sup> Ford, V. (2019, Sept 3). 7 Tips to Beating Summertime Sadness (SAD). <https://successtms.com/blog/summer-sad>