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seasonal affective disorder sad is a type of depression that 39 s related to changes in seasons seasonal affective disorder sad begins and ends at about the same times every year if you 39 re like most people with your symptoms start in the fall and continue into the winter months sapping your energy and making you feel moody anxiety and agitation changes in appetite or weight can be either a lack of appetite accompanied by weight loss or increased appetite with weight gain fatigue or lack of energy feelings of sadness or emptiness feelings of worthlessness hopelessness or excessive guilt loss of interest in activities usually enjoyed adjective sad dest affected by unhappiness or grief sorrowful or mournful to feel sad because a close friend has moved away expressive of or characterized by sorrow a sad disappointment of color somber dark or dull deplorably bad seasonal affective disorder or sad is a type of recurrent major depressive disorder in which episodes of depression occur during the same season each year this condition is sometimes called to help diagnose seasonal affective disorder sad a thorough evaluation generally includes physical exam your health care provider may do a physical exam and ask in depth questions about your health in some cases depression may be linked to an underlying physical health problem lab tests feeling sad is a natural reaction to situations that cause emotional upset or pain there are varying degrees of sadness but like other emotions sadness is temporary and fades with time in feelings of sadness tearfulness emptiness or hopelessness angry outbursts irritability or frustration even over small matters loss of interest or pleasure in most or all normal activities such as sex hobbies or sports sleep disturbances including insomnia or sleeping too much feelings of sadness tearfulness emptiness or hopelessness angry outbursts irritability or frustration even over small matters loss of interest or pleasure in most or all normal activities such as sex hobbies or sports sleeping too little or too much tiredness and lack of energy so even small tasks take extra effort sadness is an emotional state

characterized by feelings of unhappiness and low mood it is considered one of the basic human emotions it is a normal response to situations that are upsetting painful or disappointing sometimes these feelings can feel more intense while in other cases they might be fairly mild here are some ways to deal with sad feelings 1 beat rumination rumination is when you get stuck in your head thinking about all the negative stuff that has gone wrong or could go wrong health conditions and diseases seasonal affective disorder mood disorders what is seasonal affective disorder seasonal affective disorder or sad is type of depression it happens during certain seasons of the year most often fall or winter 1 a affected with or expressive of grief or unhappiness downcast b 1 causing or associated with grief or unhappiness depressing sad news 2 regrettable deplorable a sad relaxation of morals c w cunnington define sad sad synonyms sad pronunciation sad translation english dictionary definition of sad abbr seasonal affective disorder adj sad der sad dest 1 showing expressing or feeling sorrow or unhappiness a sad face subsyndromal seasonal affective disorder is a milder form of sad experienced by an estimated 14 3 vs 6 1 sad of the u s population the blue feeling experienced by both those with sad and with ssad can usually be dampened or extinguished by exercise and increased outdoor activity particularly on sunny days resulting in increased solar a loss of pleasure or interest in normal everyday activities irritability feelings of despair guilt and worthlessness feeling lethargic lacking in energy and sleepy during the day sleeping for longer than normal and finding it hard to get up in the morning craving carbohydrates and gaining weight difficulty concentrating decreased sex drive sad research indicates that people with sad may have reduced activity of the brain chemical neurotransmitter serotonin which helps regulate mood research also suggests that sunlight controls the levels of molecules that help maintain normal serotonin levels but in people with sad this regulation does not function properly resulting in sadness is an emotional pain associated with or characterized by feelings of disadvantage loss despair grief helplessness disappointment and sorrow an individual experiencing sadness may become quiet or lethargic and withdraw themselves from others trouble focusing clearly and trouble making decisions problems getting things done well and on time quickly becoming annoyed impatient or angry avoidance of social activities feelings of guilt and worries over the past poor appetite or overeating sleep problems hopelessness in children symptoms of persistent depressive disorder may national institutes of health nih publication no 20 mh 8138 this fact sheet provides information about seasonal affective disorder sad a type of depression it includes a description of sad signs and symptoms how sad is diagnosed causes and treatment options

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