**Seasonal Affective Disorder (SAD)**

1. What is Seasonal Affective Disorder (SAD)?

2. **What Causes SAD?**

Explain how experts think that two chemicals in the brain are involved in SAD  
**Melotonin**

**Serotonin**

**3. What are the Symptoms of SAD?**

List FIVE Symptoms of SAD.

4. **Who Gets SAD?**

a. What per centage of the population experiences SAD?

b. How does travel seem to effect people with SAD?

5**. How is SAD Diagnosed and Treated?**Only a doctor can determine if a person has SAD. Explain how each of the following Treatments have been proven effective

a. Increased Light Exposure

b. Light Therapy

c. Talk Therapy

d. Medication

6**. Dealing with SAD**

Share three tips that can help someone deal with SAD.