

# NewsLetter

December 2025



## Did You Know It's...

### Seasonal Affective Disorder Awareness Month

Each December, we bring awareness to Seasonal Affective Disorder (SAD) which is a form of depression that follows a seasonal pattern, most commonly emerging during the shorter, colder days of fall and winter. This month serves as a reminder of how deeply seasonal changes can impact mood, energy, and daily functioning, and highlights the importance of recognizing symptoms early and seeking support.

At Cognitive Solutions, we provide comprehensive clinical services that help individuals better understand and manage seasonal mood changes. Our clinicians offer a range of supports designed to address the unique challenges that arise during this time of year.

We provide:

- Psychological and Diagnostic Evaluations to clarify whether mood changes may be related to SAD, depression, anxiety, or other concerns
- Individual Therapy using CBT, DBT-informed strategies, and solution-focused approaches to build coping skills, challenge negative thinking, and support emotional balance
- Executive Function Coaching to help with motivation, organization, and daily routines affected by seasonal shifts
- Tools and Psychoeducation on light exposure, sleep hygiene, and behavioral strategies that can ease the impact of shorter daylight hours

If you or someone you care about has noticed increased sadness, low energy, difficulty getting motivated, or changes in sleep and appetite during the winter months, we encourage you to reach out. Early support can make a meaningful difference in maintaining emotional well-being and navigating the winter season with confidence and clarity.

## Quick Facts

- Symptoms often begin in late fall and can last until early spring.
- Reduced sunlight can disrupt the body's circadian rhythm, serotonin levels, and melatonin production all of which influence mood and sleep.
- SAD is more common in women and young adults,

## Ways to Cope

- Spend time outdoors during daylight hours or sit near windows to maximize natural light.
- Consider Therapy because a clinician can help you build coping skills, challenge negative thoughts, and create a winter wellness plan.
- Regular physical movement boosts serotonin and reduces fatigue.
- Using a light therapy lamp for improving mood during the winter months