Defending Against Seasonal Depression

The holidays can be a source of great joy, but many people also experience depression during the winter months. The exact reasons for seasonal affective disorder or seasonal depression are unknown, but it is thought that access to less daylight plays a role. Each year over 3 million Americans deal with seasonal depression.

Seasonal depression can occur at the change of any season but is most common in the winter. Symptoms include irritability, fatigue, loss of energy, and appetite and weight changes.

If you experience seasonal depression there are ways to minimize the impact and to feel better.

1. Maintain good health habits. Focus on eating right and keeping good sleep and exercise habits. This will keep you feeling well and will help you ward off the sugar cravings that often occur with seasonal depression.

2. Lighten up, brighten up. Increase your exposure to sunlight by opening blinds, sitting near windows and getting outside. Light therapy using a specialized light box can also help. Exposure to sunlight, both natural and via light therapy, is thought to positively affect the brain and help to lighten moods.

3. Ask for help. Seasonal depression is a type of depression. Depression can be serious but is also very treatable. If you feel down for days at a time and you can’t get motivated to do activities you normally enjoy, see your doctor.

ConnectCare3 can assist members in finding quality providers, including behavioral health specialists. For assistance contact us at 877-223-2350.

3 Things To Care About This Month

1. ConnectCare3 can assist with behavioral health concerns. Be well this season, ask for help if you need it.

2. December is National Impaired Driving Month. Think twice before driving under the influence of drugs or alcohol both for you and others’ benefit.

3. Visit kidshealth.org for tips on buying safe toys as gifts.
As a 25 year old woman Lisa Higgins’ daughter Ariel had many things she was focused on. She was a dancer, an athlete and starting her career. And she was dealing with excruciating hip pain. Always very active, Ariel’s hip pain got to the point where she could barely walk. The prescription strength pain reliever didn’t put a dent in the pain and Ariel and her mother knew they needed help.

Lisa was aware of the ConnectCare3 benefit through her employer, DeSales University. After reviewing the website and learning more, Lisa made the call to ask for help for her daughter. Lisa explained the situation and immediately an advocate began helping her and Ariel. “I was so impressed when I spoke with the advocate. I told her who Ariel was already seeing and she was familiar with the facility and the physicians. It was very comforting to know that they knew the healthcare landscape and the specialists.” said Lisa.

Within 24 hours a nurse reached out to Ariel and began working to get her proper treatment and relief. Ariel’s Nurse Navigator helped her understand the medical procedures she was having, told her what questions to ask her provider at her next visit, and supported her through the diagnostic process, something that was tough for her mother to do as they live 90 minutes apart. With the Nurse Navigator’s help, Ariel better understood her diagnosis and reviewed options for treatment. With the aid of physical therapy, Ariel is now back to normal and pain-free!

Lisa explains, “I had no idea what to expect when I made that initial call, The process was so simple and straightforward, I was amazed. And Ariel was so relieved to have some help after a series of frustrating doctor visits. We really wish we had called sooner. I tell my colleagues, ConnectCare3 is a fantastic service. It’s great that our employer provides this to help us navigate the system and reduce our costs, not to mention easing the anxiety you have when something’s up with your health or the health of your loved ones.”