

RESILIENCY

NUTRITION & SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder (SAD) is a type of depression that occurs mostly with the onset of the fall and winter months. In addition to other treatments, nutrition plays a significant role in supporting mental health and overall well-being.

Incorporate whole, minimally processed foods such as fruits, vegetables, whole grains and nuts to provide key nutrients for overall well-being. Try soups and stews as a comforting and cozy way to incorporate these foods into a hearty meal during the colder months of the year.

Omega-3 fatty acids are linked to improved mood and cognitive function – find them in foods such as fatty fish (salmon, sardines, mackerel), walnuts, and flaxseeds.

Vitamin D helps boost activity of serotonin (the “feel good” hormone). Find this in fortified dairy products, fatty fish, wild-grown mushrooms, and egg yolks. This can also be taken as a supplement, but consult your healthcare provider for professional guidance.



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