Seasonal Affective Disorder (SAD) Special Report



For a workplace to function healthily and productively, comprehensive policies addressing mental health are imperative. These policies should not only provide support for those affected but also educate others to encourage a culture of understanding and empathy. This approach is not just about productivity; it’s about valuing the well-being of every member of the organization.

Seasonal Affective Disorder (SAD), commonly referred to as seasonal depression, is a mood disorder that affects individuals at specific times of the year, usually during the fall and winter months when sunlight exposure is reduced. To delve deeper into the implications of this condition, this special report is the best starting point. It provides a full assessment of seasonal depression’s effect on the workplace through debunking myths, providing tips, and guiding you through in-house, cost-effective treatment options to deal with the potential challenges.