



**Imagine** new possibilities.

**Create** solutions that work for your life.

## Coping with Seasonal Depression

Once called the “winter blues,” Seasonal Affective Disorder (SAD) is a real issue. Symptoms of depression, loss of motivation, and fatigue can sometimes be attributed to prolonged exposure to cold weather and low sunlight.

Take steps to keep your mood and motivation steady throughout the year.

Contact NuVantage to speak with a counselor who will:

- Understand your unique situation
- Help with depression recovery
- Develop a personal wellness plan



Your free and confidential resources,  
Available 24 hours a day,  
7 days a week.

**800.577.4727**

**[www.NuVantage.org](http://www.NuVantage.org)**

Wellness portal password: wellness

**NuVantage Employee Resource** is a free and confidential program offered by your employer to help you balance your work, family and personal life.