

Seasonal Pattern Depression (Alyssa Brandl)

Symptoms

- Persistent feelings of sadness or hopelessness during specific seasons, typically winter.
- Loss of interest in activities.
- Changes in sleep patterns, including oversleeping or difficulty sleeping.
- Changes in appetite or weight.
- Fatigue or low energy.
- Difficulty concentrating or making decisions.

Treatments

- Light therapy: Exposure to bright light to mimic natural sunlight and regulate mood.
- Medications: Antidepressants such as selective serotonin reuptake inhibitors (SSRIs).
- Psychotherapy: Cognitive-behavioral therapy (CBT) or talk therapy to address negative thought patterns and develop coping strategies.
- Lifestyle changes: Regular exercise, healthy diet, adequate sleep, and stress management techniques.

Supporting Students

- Create a supportive and understanding classroom environment.
- Be observant of changes in behavior or mood, especially during specific seasons.
- Encourage students to seek professional help if needed and provide resources for counseling services.
- Offer flexibility with assignments and deadlines during difficult periods.
- Incorporate mindfulness or relaxation techniques into the classroom routine.
- Provide access to natural light and consider adjusting

Resources for Teachers

- National Alliance on Mental Illness (NAMI): nami.org
- American Psychological Association (APA): apa.org
- Child Mind Institute: childmind.org
- Anxiety and Depression Association of America (ADAA): adaa.org

Remember, early intervention and support are crucial in managing seasonal pattern depression. By creating a supportive and understanding classroom environment, teachers can play a vital role in helping students navigate their mental health challenges and succeed academically and emotionally.