



**Seasonal Affective Disorder**

**BIBLE STUDY CONFERENCE CALL - December 10, 2019**  
**(712) 432-0075, 773398#**  
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*Based on the article "Season Affective Disorder" by Ted Witzig Jr.*

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*Psalm 42:5 KJV,  
 "Why art thou cast down,  
 O my soul? And why art thou  
 disquieted in me? Hope thou in  
 God: for I shall yet praise him for  
 the help of his countenance."*

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**The Wintertime Blues a.k.a.  
 Seasonal Affective Disorder  
 (S.A.D.)**

**Some of the common complaints:**

- \_\_\_\_\_ **and** \_\_\_\_\_: despair, guilt, hopelessness, restlessness.
- \_\_\_\_\_ **problems:** oversleeping, difficulty getting out of bed, needing to nap often.
- \_\_\_\_\_: carbohydrate craving that can lead to weight gain.

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## The Wintertime Blues a.k.a. Seasonal Affective Disorder (S.A.D.)

### Some of the common complaints:

- \_\_\_\_\_ **problems:** irritability, avoiding social situations.
- **Difficulty** \_\_\_\_\_: more forgetful, hard to focus on tasks.
- \_\_\_\_\_: fatigue, too tired to do much of anything, everything is an effort.
- \_\_\_\_\_ **symptoms:** lowered immune system, aches and pains.

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## Possible Causes of S.A.D.



- The decreased amount of \_\_\_\_\_ is a major factor
- Decreased \_\_\_\_\_ level
- \_\_\_\_\_ stress
- Changes in our regular \_\_\_\_\_

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## Interventions to Help Fight Against S.A.D.

- One of best treatments is more exposure to \_\_\_\_\_, especially in the morning.
  - Open shades in the morning, allow in as much natural lighting as possible
  - Therapeutic light boxes (10,000 lux) for 15-30 min.




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## Interventions to Help Fight Against S.A.D.

### • Spiritual

- Maintaining a \_\_\_\_\_ and \_\_\_\_\_ relationship with the Lord
- Attending \_\_\_\_\_ and \_\_\_\_\_ with other believers on a regular basis
- Posting encouraging \_\_\_\_\_ where we pass by them often (i.e. refrigerator, bathroom mirror, etc.)
- \_\_\_\_\_ on and \_\_\_\_\_ scriptures

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## Interventions to Help Fight Against S.A.D.

### • Relational

- Avoid \_\_\_\_\_
- Spend time with \_\_\_\_\_ and \_\_\_\_\_ who can open up to and share
- \_\_\_\_\_

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## Interventions to Help Fight Against S.A.D.

### • Biological

- 1 Corinthians 3:16
- Take care of your \_\_\_\_\_
- Practice \_\_\_\_\_ - \_\_\_\_\_
- Eat \_\_\_\_\_
- Get \_\_\_\_\_
- Get a good night's \_\_\_\_\_

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## Interventions to Help Fight Against S.A.D.

### • Emotional

- Proverbs 23:7a
- \_\_\_\_\_ about what you're \_\_\_\_\_ about
- Focus more on \_\_\_\_\_

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## Psalm 40 (God's Word Translation)

I waited patiently for the LORD.  
 He turned to me and heard my cry for help.  
 He pulled me out of a horrible pit,  
 out of the mud and clay.  
 He set my feet on a rock  
 and made my steps secure.  
 He placed a new song in my mouth,  
 a song of praise to our God.  
 Many will see this and worship.  
 They will trust the LORD.  
 Blessed is the person who places his confidence  
 in the LORD and does not rely on arrogant people  
 or those who follow lies.

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## Psalm 40 (God's Word Translation)

You have done many miraculous things,  
 O LORD my God.  
 You have made many wonderful plans for us.  
 No one compares to you!  
 I will tell others about your miracles,  
 which are more than I can count.  
 You were not pleased with  
 sacrifices and offerings.  
 You have dug out two ears for me.  
 You did not ask for burnt offerings  
 or sacrifices for sin.

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**Psalm 40** (God's Word Translation)

Then I said, "I have come!  
(It is written about me in the scroll of the book.)  
I am happy to do your will, O my God."  
Your teachings are deep within me.  
I will announce the good news of righteousness  
among those assembled for worship.  
I will not close my lips. You know that, O LORD.  
I have not buried your righteousness  
deep in my heart.  
I have been outspoken about  
your faithfulness and your salvation.

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**Psalm 40** (God's Word Translation)

I have not hidden your mercy and your truth  
from those assembled for worship.  
Do not withhold your compassion from me,  
O LORD. May your mercy and your truth always  
protect me. Countless evils have surrounded  
me. My sins have caught up with me so  
that I can no longer see.  
They outnumber the hairs on my head.  
I have lost heart. O LORD, please rescue me!  
Come quickly to help me, O LORD!  
Let all those who seek to end my life  
be confused and put to shame.

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**Psalm 40** (God's Word Translation)

Let those who want my downfall  
be turned back and disgraced.  
Let those who say to me, "Aha! Aha!"  
be stunned by their own shame.  
Let all who seek you rejoice and be glad  
because of you.  
Let those who love your salvation continually say,  
"The LORD is great!"  
But I am oppressed and needy.  
May the Lord think of me.  
You are my help and my savior.  
O my God, do not delay!

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