Are you experiencing Seasonal Depression?

Seasonal Depression can affect many aspects of your life. If you are experiencing any of these symptoms you may be affected by seasonal depression:

- Difficulty concentrating.
- Low energy and fatigue.
- Reduced interest in daily activities, especially social activities.
- Moodiness (depressed, sad, or unusually quiet).
- Increased appetite.
- Cravings for complex carbohydrate (such as pasta and bread).
- Weight gain.
- Increased sleep.
- Loss of interest in sex.
- Irritability.

Don’t let seasonal depression get you down, contact ENCOMPASS for tips on how to overcome the seasonal blues.

800-788-8630

www.encompass.us.com

*Information taken from www.webmd.com*