

LIGHT THERAPY

WHAT IS LIGHT THERAPY?

Light therapy utilizes a boxed light that mimics outdoor light to ease symptoms of Seasonal Affective Disorder (SAD) and lift mood. It is thought to cause a chemical change in the brain for those exposed to the light.



HOW TO SIGN UP FOR LIGHT THERAPY AT SEWANEE

01

Make an appointment with a CAPS clinician to assess if light therapy is right for you.

02

Get trained by a CAPS therapist on how to use a light box properly.

03

Have your CAPS clinician sign a waiver and then submit this to Student Accessibility Services (SAS).

04

Meet with SAS to receive your accommodation and borrow the light box.

NOTE: You and *only you* should be using the light as it can be harmful to use it incorrectly or without assessment.

The light box can be borrowed for a semester or a full academic year. There is only a charge if it is not returned by the end of the school year.

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WHAT IS SEASONAL AFFECTIVE DISORDER?

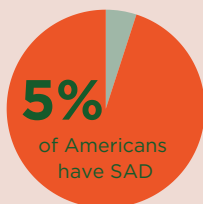
Seasonal Affective Disorder (SAD) is a mood disorder characterized by depression that occurs at the same time every year, typically fall and winter when there is less natural sunlight.

Light therapy is an effective treatment for SAD, especially when combined with talk therapy and/or medication.



SYMPTOMS OF SAD

- Fatigue
- Hopelessness
- Changes in sleep, appetite, or weight
- Withdrawal
- Difficulty concentrating



but many may not know they have it



Women are

4 TIMES

more likely to be diagnosed with SAD than men.

Those who are already diagnosed with mental health issues, including

**DEPRESSION,
BIPOLAR
DISORDER, AND
ANXIETY,**

are more prone to SAD than those who are not.