



# PULSE

IMPROVING THE QUALITY OF LIFE

## IS IT REALLY SEASONAL DEPRESSION?

### UPCOMING EVENTS



#### PARKINSON'S CONNECTION AWARENESS WALK - KATZ JCC

Sunday, April 15th 2018 from 9 AM - 12 PM



#### RONALD MCDONALD HOUSE WALK RIVER WINDS COMMUNITY CENTER - THOROFARE

Saturday, June 2nd 2018 from 9 AM - 12 PM



#### BERLIN'S ANNUAL SPRINGFEST LUKE AVENUE BASEBALL FIELDS - WEST BERLIN

Saturday, June 2nd 2018 from 4 PM - 8 PM

### COMMUNITY OUTREACH

Are you hosting an upcoming Community Event? We would love to be a part of it! Contact:

Lisa Wilkins - Director of Recruitment  
856 753 7335 X 705

It may be incorrect to assume all people feel better and less depressed when the spring arrives. There are many reasons, listed below, why researchers have found that about 10 percent of individuals feel a major depression in the spring.

1. With spring comes change, and some folks find it difficult to adjust to change and as a result they get depressed.
2. There is a greater chance of increased toxins in the environment and this biology can affect our mood.
3. Many important events usually occur in our lives in the spring, and so the spring may be a time of remember nostalgic things that have now passed (for example, a wedding to a loved one that is no longer around or a graduation of a son or daughter who no longer lives with us).

As sufferers from depression all know, sadness can come over us for no particular reason and we just suddenly get this swelling of depression. So what do you look out for to know if you are currently suffering from depression?

The following signs and symptoms of depression are typically experienced more days than not, usually a majority of the days, and have a significant negative impact on one's life.

- not finishing chores or errands
- not socializing with family and/or friends
- grooming less
- doing less work (not even being able to

- go to work on some days)
- feeling or looking sad/down
- feeling bad or self-critical of oneself
- feeling blame or guilt
- being less interested in activities and people one is usually interested in
- being less interested in sex
- walking around sluggish and slower than normal
- having more or less interested in food than what is usual for us
- sleeping more or less than what is normal for that person
- low concentration (mind wondering) such as when reading, watching TV, or holding a conversation

Some people get what we call "anxious depression" where their worrying and feeling on edge/anxious increases to a greater degree only when they are depressed.

If you or your loved one are currently experiencing any of the above signs and symptoms of major depression, regardless of being on current medication for the depression or not currently being treated, Hassman Research Institute may have a study for you or your loved one. One of our Recruitment Specialists may be able to direct you to a study that best fits for you. Please call us at **1.866.230.4185** if you are interested in learning more about our studies.

- Dr. Elan A. Cohen, PhD  
Principal Investigator at HRI