

# Take Note!

A monthly update from the Heartland Family Service  
Employee Assistance Program

February 2019

## Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in seasons. SAD is not simply a case of the "winter blues" or a seasonal funk that you have to tough out on your own. Take steps to keep your mood and motivations steady throughout the year.

### Signs and Symptoms of SAD may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems sleeping
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty

### Self-Care

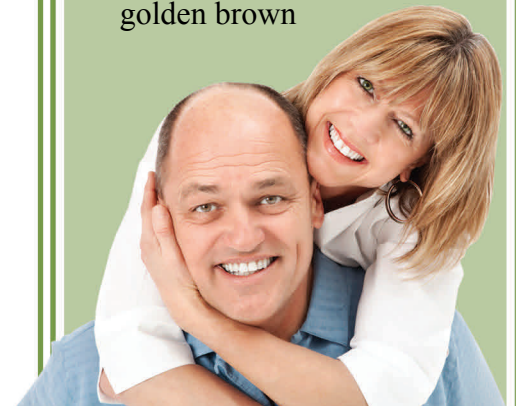
- Keep your house well lit
- Sit closer to bright windows both at home and in the office
- Take a walk outside each day
- Exercise regularly
- Eat a well-balanced diet
- Stick to your treatment plan
- Practice relaxation techniques, such as yoga, tai chi and meditation
- Practice music or art therapy



*Please remember that your EAP is available for individual and family counseling.*

### Tuna Noodle Casserole

- 1 can Condensed Cream of Mushroom Soup
- 1/2 cup milk
- 2 tablespoons chipped pimiento (optional)
- 1 cup frozen peas
- 2 cans (about 5 ounces each) tuna in water, drained
- 4 ounces (about 2 cups) medium egg noodles, cooked and drained
- 2 tablespoons plain dry bread crumbs
- 1 tablespoon melted butter
- Heat oven to 400°F.
- Combine the soup, milk, pimientos, peas, tuna, and noodles and turn out into a 1 1/2 quarter casserole.
- Mix the bread crumbs and butter in a small bowl
- Bake tuna mixture for 20 minutes or until hot and bubbling. Stir the tuna mixture then top with bread crumb mixture
- Bake for 5 minutes more or until bread crumbs are a golden brown



Heartland Family Service Employee Assistance Program  
For more information in the Omaha area,  
call (402) 552-7400 or toll free (877) 591-0858  
HeartlandFamilyService.org

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Good works.

