

Not feeling like yourself lately?

If you're feeling the winter blues or not like yourself, you may be experiencing seasonal affective disorder (SAD). Here's what to know:

Symptoms

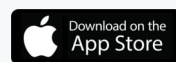
- Feeling depressed often
- Loss of interest
- Difficulty concentrating
- Changes in appetite
- Changes in sleep patterns
- And more

Treatment

Use your First Stop Health benefit to make an appointment with a counselor and find the right course of treatment for you.

Gopher Sport provides First Stop Health Virtual Counseling to benefit-enrolled team members and immediate family members. A visit costs \$0.00.

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