



WHAT IS SEASONAL AFFECTIVE DISORDER (SAD) AWARENESS

Understanding the Impact and Finding Relief

WHAT IS SAD ?

Seasonal Affective Disorder (SAD) is a type of depression that occurs at a specific time of year, usually in the fall or winter when daylight hours are shorter.

HOW SAD AFFECTS PEOPLE ?

- Persistent low mood or sadness
- Loss of interest in activities
- Fatigue and low energy
- Sleep disturbances
- Changes in appetite or weight
- Difficulty concentrating
- Feelings of hopelessness



WAYS TO EASE YOUR SYMPTOMS :

- **Light Therapy:** Use a light box to simulate natural sunlight.
- **Stay Active:** Regular exercise can boost mood and energy.
- **Get Sunlight:** Spend time outdoors during daylight hours.
- **Practice Mindfulness:** Meditation and relaxation techniques help reduce stress.
- **Seek Support:** Talk to a mental health professional or join a support group.
- **Eat Well:** Maintain a balanced diet to support overall health.



24/7 Confidential Helpline- 07441935912 helpline@sixmha.org
www.sixmha.org Scan for the SIX MHA App - BAR-298-258