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- 0800 8807373 helpline@sixmha.org

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