

# SEASONAL DEPRESSION

Seasonal depression (SAD) is a mood disorder that occurs during specific seasons, **often in fall and winter**, and affects around 5% of the population. Symptoms are linked to **changes in sunlight and circadian rhythms** and include:

- Persistent sadness or low mood
- Low energy & fatigue
- Difficulty concentrating
- Weight gain or loss
- Trouble sleeping or over sleeping
- Loss of interest in activities once enjoyed
- Feelings of hopelessness

## 4 THINGS YOU CAN DO TO PREVENT SAD



**1 Get Plenty of Sunlight Exposure**  
 Sunlight regulates your circadian rhythm and boosts serotonin levels, which help maintain a positive mood.  
**HOW to do it:** Take a walk outside, or sit by a window to soak up natural light.

**2 Stay Active**  
 Regular physical activity releases endorphins, the body's natural mood lifters.  
**HOW to do it:** Chose outdoor activities in the daylight, like walking. Activities like yoga, or dancing can also be effective.



**3 Have a Stable Sleep Schedule**  
 A consistent sleep schedule helps regulate your circadian rhythm, improving mood and energy levels.  
**HOW to do it:** Create a relaxing bedtime routine to signal your body it's time to wind down.

**4 Stay Socially Connected**  
 Social interaction combats isolation, which can worsen depressive feelings during the winter months.  
**HOW to do it:** Stay in touch with friends and family and plan social activities.



If you or someone you know is struggling with seasonal depression, don't hesitate to reach out, I'm here to help !