Sack to Newsletter

WHAT IS SEASONAL AFFECTIVE DISORDER (SAD)?

Also known as seasonal depression, seasonal affective disorder (SAD) is a type of depression related to the changes in seasons. It typically occurs about the same time every year.



It can impact one's...









ood <u>Appetite</u>

Sleep

Energy Levels

Therefore, impacting all aspects of life from relationships and social life to work, school, and sense of self-worth.

It's okay to get SAD! But don't let it take over your life. Try a combination of the below tips to help mitigate its symptoms:

- Move your body and eat a well-balanced diet
- Write down your thoughts and feelings
- Talk to a doctor and follow their advice
- Try therapy, such as talk or light therapy
- Socialize with friends or family
- Spend time outdoors
- Take a vitamin D supplement
- Learn more about SAD because knowledge is power!