

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...



Mood



Appetite



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!