




Four ways to help you cope with **Seasonal Affective Disorder (SAD)**




1. *Get some light in your life* - Research shows that light therapy works for those living with SAD, try to get outside on sunny days or use a light box/SAD lamp indoors



2. *Stay Active* - Regular exercise can improve your depressive feelings from SAD, it can also keep you fit and healthy, try to go for a 30 minute walk each day to really see a change



3. *Plan your day* - Have something to look forward to: a meet up with friends, a self-care activity, like reading, taking a bath or listening to music. Stay refuelled and try to keep a balanced diet



4. *Seek professional advice* - If you think you are struggling with SAD then speak to your GP. SAD can affect both your mental & physical health so it is best to get as much help as you can

What is SAD?

SAD (Seasonal Affective Disorder) is recognised medically as a form of depression now said to affect an estimated 8% of people in the UK every winter. A new survey has shown increased figures, with a further 21% of the UK's population affected by "Winter Blues", a milder form of SAD. Symptoms can start as early as August and are at their worst from November to February, usually disappearing by April. (www.sada.org.uk)