

What is SAD?

Seasonal affective disorder is a type of depression that has a seasonal pattern. It tends to occur at the same time each year, usually in winter.

Self– help tips for SAD:

- Get outside during the day.
- Brighten up your environment.
- Eat well
- Exercise, outside if you can.
- Keep in contact with your support.
- Have a self– soothe plan for the tough days.