

# SEASONAL AFFECTIVE DISORDER (S.A.D)

Seasonal affective disorder (SAD) is a type of depression that comes and goes in a seasonal pattern. The onset of SAD is linked to reduced exposure to sunlight during the shorter/darker days.

## Symptoms of SAD

- Persistent low mood
- Loss of pleasure/interest in everyday activities
- Feelings of despair, guilt and worthlessness
- Difficulty being in social situations
- Having a lack of energy, sleeping for longer than normal and finding it hard to get up in the morning
- Increased substance use to cope with difficult emotions and feelings



## Treatment for SAD

- Try to get as much natural sunlight as possible
- Make your work/home environment as light and airy as possible
- Regular exercise especially outdoors and during the daylight
- Eat a healthy, balanced diet
- Try to avoid or manage stressful situations
- Speak to your doctor about talking therapies or antidepressants
- Work with your keyworker to monitor substance use