

## Seasonal Affective Disorder (SAD)

Sometimes the change in weather can affect our moods, making us feel depressed.

### Signs of SAD:

- Lack of energy
- Tiredness
- Feeling anxious, hopeless
- Increased irritability or anger
- Withdrawing from relationships
- Sleeping too much or not enough
- Changes in appetite or weight
- Loss of interest

### Causes:

- A drop in serotonin (mood), could be caused by lack of stimulant i.e. sunlight
- Change in melatonin (sleep), due to change of season.
- Disruption to your body clock due to seasonal changes
- Lack of Vitamin D due to less sunlight

### Things to try:

- Stick to a routine
- Stay active
- Don't isolate yourself from friends
- Get a lamp to gradually light up your room before you wake up
- Practice gratitude or journal
- Talk about your feelings
- Speak to your doctor
- Get more vitamin D (supplements or fresh air)
- Sit near windows/light
- Try and have a balanced diet

**Analogy** – Sunflowers always face the sun, as they need sunlight to grow. Without sunlight they might not flourish properly. In a similar way we need certain factors to make us happy, like sometimes sunlight can brighten our mood, whereas some people feel calm when it's raining.

