

# SPOTLIGHT ON SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder, or SAD is a type of depression. Depression is when someone experiences low mood for a long period of time and it starts to impact on day to day life.



## What is seasonal affective disorder?

Seasonal affective disorder is a type of depression which is brought on by the changing seasons. It is thought that the reduced exposure to daylight can cause chemical changes in the brain which trigger the depression symptoms



## What are the signs and symptoms of SAD?

The symptoms of SAD are similar to symptoms of depression, but they occur at certain times of the year, typically in the Winter months in the UK.

Symptoms of depression include:

- ⇒ Persistent low mood
- ⇒ Loss of interest in normal daily activities
- ⇒ Feeling irritable
- ⇒ Low self-esteem
- ⇒ Tearfulness

## Are you finding it difficult to cope?

Seasonal affective disorder is a recognised illness and if your symptoms are making it difficult to cope with day to day life, help is absolutely warranted. A GP can provide a diagnosis. It is important not to self diagnose as your symptoms could be another illness.



## How to help

Whether you are looking for ways of helping yourself or you're supporting a loved one here are some things which may help:

- ⇒ Get as much sunlight as possible
- ⇒ Try to stay active. Short walks can make a difference
- ⇒ Sit close to the window
- ⇒ Talk about how you feel

## WHERE TO GET HELP

### Your GP

**Hub of Hope**  
hubofhope.co.uk

**Mind**  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/about-sad/>

