

Don't Be SAD: Seasonal Affective Disorder (SAD)

When the seasons change, do you feel down, lack energy or experience changes in appetite and sleep patterns? If so, you may have Seasonal Affective Disorder (SAD). Don't worry. You're not alone, and there are ways to manage it.

Let the light in

- Spend time outdoors during daylight hours
- Open curtains and blinds to get more natural light
- Consider using light therapy devices as recommended by a health care professional

Stay active

- Engage in activities based on your fitness level
- Boost your mood and energy levels through exercise

Maintain healthy habits

- Keep a consistent sleep schedule
- Select healthy snacks

Seek support

- Share your feelings with your health care team
- Ask about coping skills and treatment options
- Reach out to family and friends for help

SAD is treatable.
Connect with the interdisciplinary team
to identify resources and supports to
assist with symptom management.



Scan the QR code to view
additional resources and
trainings from the COE-NF.

This flyer is for informational purposes only and not a substitute for professional medical advice. Consult a healthcare professional for personalized guidance.

