

Don't let winter

get you all

BUBBLE

Seasonal Affective Disorder

What is SAD?

SAD is a type of depression that is related to changes in season. It usually onsets during autumn and winter as daylight hours become shorter. You may notice a significant drop in your mood and energy around this time every year. You aren't alone— it's actually extremely common!

Symptoms

You may notice...

A sudden lack of energy or interest in activities, loneliness, self-isolation, insomnia or excessive sleep, difficulty concentrating, abnormal changes in diet, fatigue, sadness, or even hopelessness.

What You Can Do

Ways to combat SAD include...

Getting Sunlight

Make sure to get sunlight! Vitamin D is actually really important to your mental health. Open your windows and sit near them when you're inside, and try to get outside (yes, even when it feels nearly impossible... you'll feel better, I promise). Some people affected by SAD also find certain types of lamps and lamp therapy helpful.

Basic Self Care

Keep up with taking care of yourself! Shower regularly, eat a fairly balanced diet, brush your teeth, and try to talk a walk at least every few days. Visit with friends and go into town! Try setting timers to remind you to do these things, or stock up on easy to prepare foods.

Watch a comfort show. Bluey is a great option!!

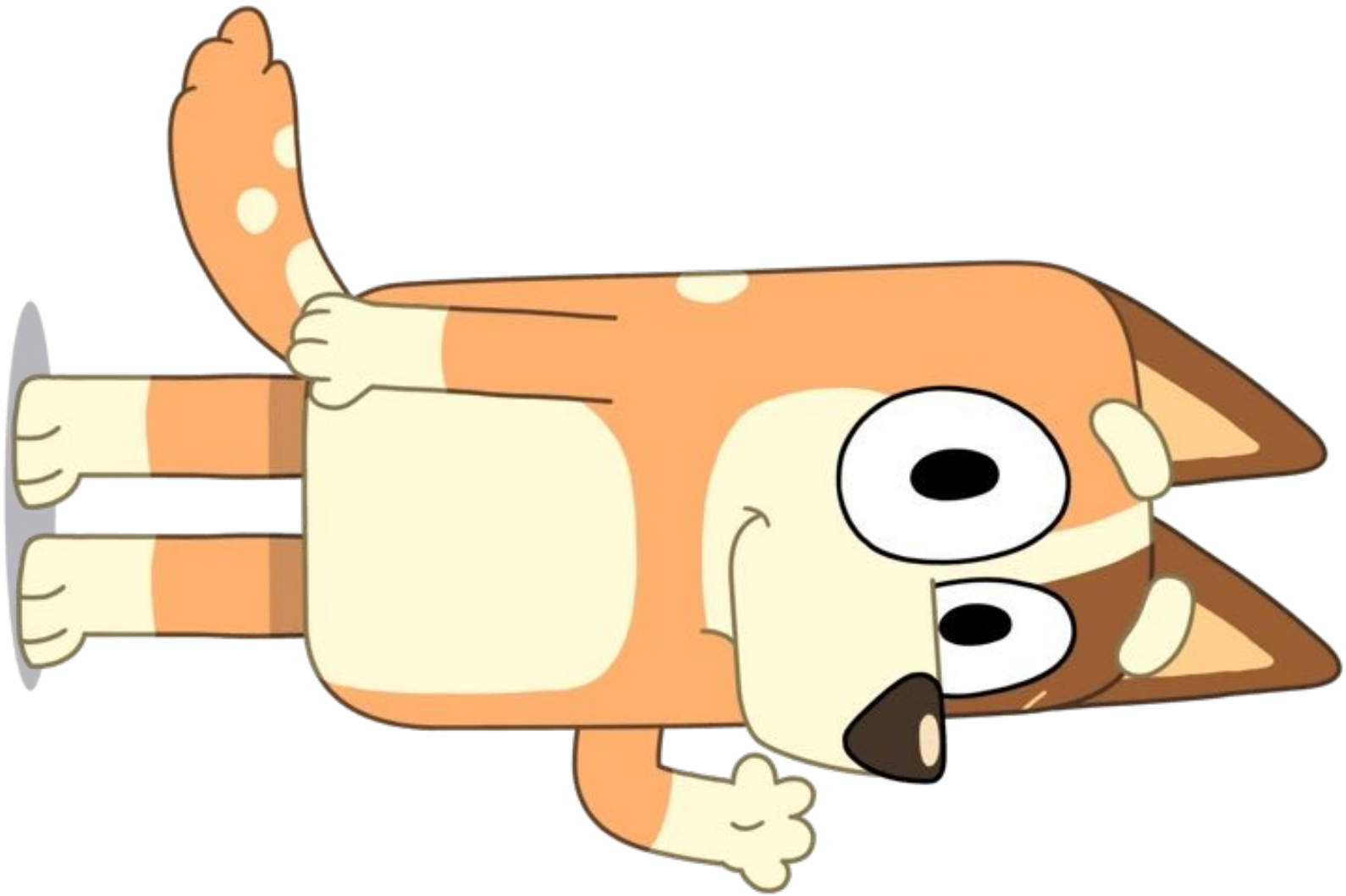
Further Depression Care

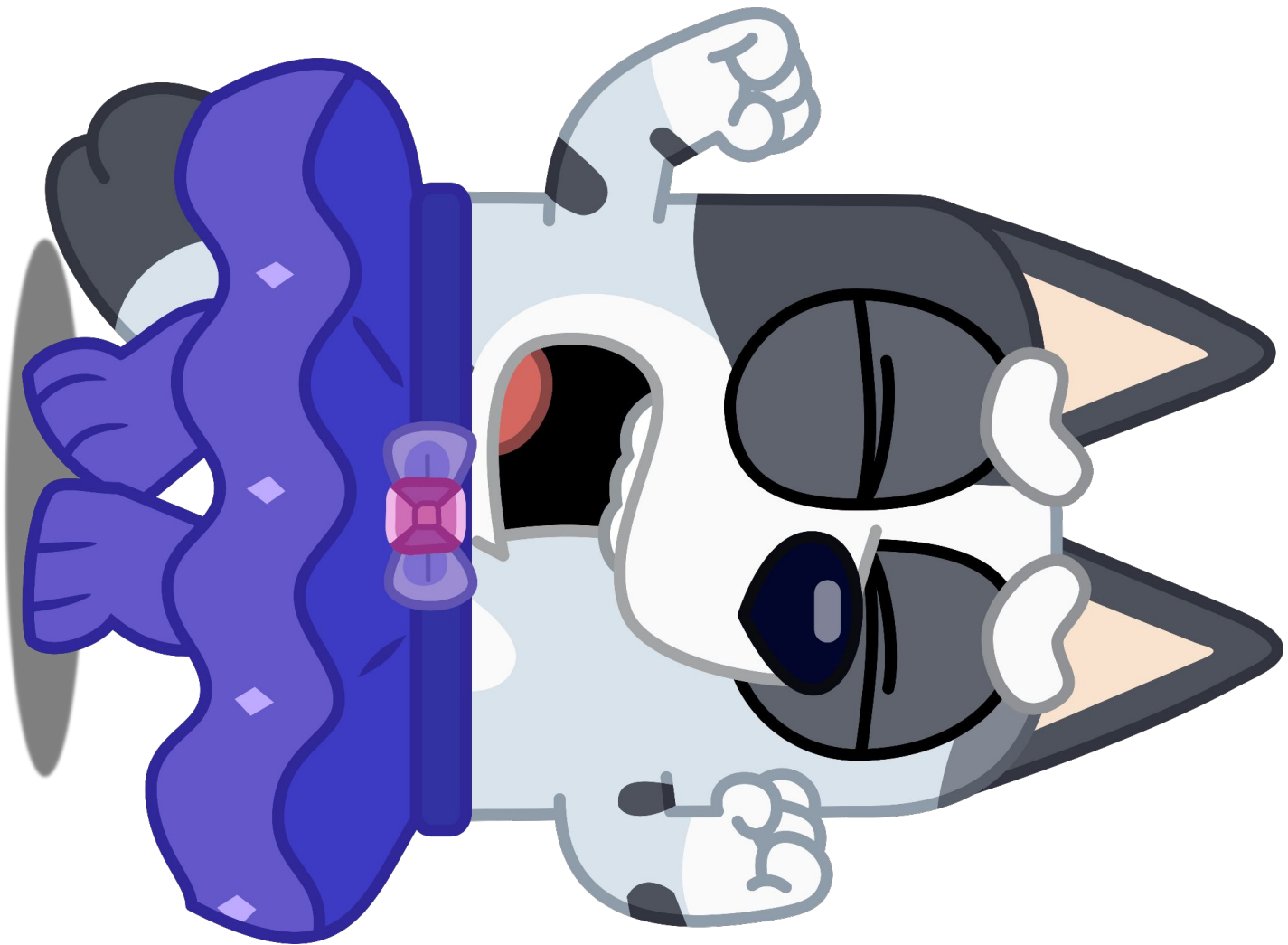
If you find yourself feeling continually hopeless, experiencing suicidal thoughts or ideation, or perhaps are considering or practicing self harm, please seek professional help.

Free or low cost therapy and psychiatry are available through our university. Counselling and medication are great tools to help you.

















Remember: there are brighter days ahead!

