

# SAD (Seasonal Affective Disorder)

- Seasonal affective disorder (SAD) is a type of depression that has a seasonal pattern. It is sometimes called the “winter blues”.
- SAD is a common occurrence for those of us who live in the northern hemisphere
- The symptoms often begin in the autumn as the days start getting shorter. They’re most severe during the winter months.
- The two main symptoms of the winter blues are a low mood and a lack of interest in life. You may also be less active than normal and sleep more.
- In most cases, symptoms begin to improve in the spring before eventually disappearing.





# SAD Facts

