Our top 5 tips for those living with Seasonal Affective Disorder

1 Keep a diary.

Noting how you feel at different times of the day (for instance, in response to the weather or your schedule that day) can help you better understand what impacts your condition.

2 Plan ahead.

Once you have identified things that make you feel better or worse, try and arrange activities that have a positive impact on your mood. Talk to those close to you ahead of time about when you might struggle.

3 Expose yourself to daylight.

Plan activities or time outside to get as much natural sunlight as possible. Early morning bright light helps regulate your brain's circadian rhythm, which manages your body's natural sleep-wake cycle.

4 Look after your sleep.

Sleep is foundational for both your mental and physical health. It's easy to slip into bad sleeping habits when tackling SAD, but better sleep means lower stress, less worry and a more upbeat mood.

5 Get regular exercise.

You don't need to run marathons or swim the English Channel to see the benefits of exercise. Gentle exertion from activities like walking or yoga can be just as helpful.

For help with worry & anxiety, visit:

www.trydaylight.com/nhs

For help with poor sleep, visit:

www.sleepio.com/nhs

National Wellbeing Hub
For people working in Health and Social Care

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