

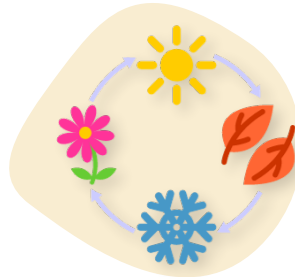
Feeling SAD? (Seasonal Affective Disorder)

What is SAD?



A form of depression that comes on when days shorten and exposure to natural sunlight is reduced.

What causes it?



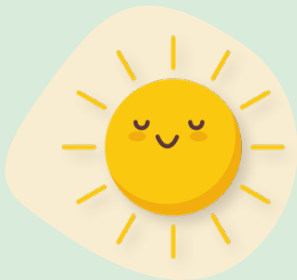
The exact cause is uncertain but it is associated with low vitamin D levels, seasonal variations in production of brain chemicals and increased sensitivity to melatonin.

What are the symptoms?



Symptoms include tiredness, general slowing down and overeating or weight loss. Emotional symptoms include tearfulness, low self-esteem, depression and social withdrawal.

If you recognise these symptoms you may wish to speak with your GP but there are also some things you can try at home...



Get outside for natural sunlight.



Try coaching, courses, counselling or therapies such as [VivUp](#), [Steps2Wellbeing](#) or [You First](#).



Take a vitamin D supplement. Public Health England recommends that from October to March everyone should consider taking a daily supplement containing 10 micrograms (400units) of vitamin D.

Don't forget staff get a 10% discount at the Boots stores in our hospitals.



Balance your diet with plenty of fruit and veg.

Watch these videos for more information on how to make sure your body gets the nutrition you need:

[Maintaining energy and managing cravings](#)

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[Supporting lifestyle change](#)

[Nutrition during menopause](#)