

4 Ways to beat SAD

As we come out of the festive season, many of us begin to feel the effects of the “Winter Blues”, “Winter Depression” or “SAD” Seasonal Affective Disorder.
The dark and cold leaves some of us feeling low, lethargic and unmotivated.

This is a very real thing that many of experience every year and some of us think that we have to wait for the summer months to see an improvement.

If you are susceptible, the good news is that there are guidelines to help you self-care your way out of a slump.

Try some of these mood-boosting tips to help get you back to a feel-good place.

1. HEAD OUTSIDE

Sunshine and fresh air can do wonders for your mood,
as can getting out in nature.

2.GET PHYSICAL

Walking, Running, Swimming,
Yoga – whatever you prefer – can
Elevate your mood in just 10 minutes!

3.PHONE A FRIEND

Chatting with a close companion or loved one
can help you feel supported – you are not alone.

4.‘YOU’ TIME

Take a long bath, cook a delicious meal, snuggle
up with a film, paint a picture, write a journal
- Set aside time for whatever it is that you truly enjoy doing.

For accessible advice on support for depression go to www.mind.org.uk