



# COPING WITH CHANGING SEASONS

## WHAT IS SEASONAL AFFECTIVE DISORDER (SAD)?

There are periods of time when people feel down, sad or unlike themselves. This can occur in the fall/winter when the weather changes and there is less sunlight. People can experience symptoms of social isolation, hopelessness, and exhaustion. These symptoms can become worse when people experience loss or loneliness around the holiday season.

## COPING STRATEGIES

- ★ **BUILD ROUTINES** to help you get outside during daylight hours, even a brief walk
- ★ **KEEP A JOURNAL** to process and manage any negative thoughts and feelings
- ★ **SOCIALIZE** with family or friends during the week to maintain positive relationships
- ★ **STAY HYDRATED & HEALTHY** by drinking lots of water during the day & maintaining an exercise routine and balanced diet

If at any point things become unmanageable, know that you are not alone. Please reach out to NYC WELL for immediate emotional support. NYC WELL: [1-888-692-9355](tel:1-888-692-9355)

If you or someone you love is interested in beginning therapy you can find more information about Hudson Guild's Mental Health Services by calling (212)-760-9822

