



# SEASONAL AFFECTIVE DISORDER (SAD)

**Sometimes known as “the winter blues,” SAD can cause people to experience changes in mood when the weather changes, particularly in the winter months. It can be more serious than just “feeling down” and affect activities of daily living.**

Here are some suggestions for activities you can do to help combat SAD during the colder months.

1. Take a winter walk
2. Go for a drive and enjoy the light festivals
3. Head to your local cafe for a seasonal drink
4. Go sledding
5. Try snow shoeing
6. Have a snow ball fight
7. Build a snow fort
8. Go ice skating
9. Go tubing at a local ski hill
10. Attend a local holiday market
11. Have a bonfire and roast some marshmallows
12. Have an at-home spa day
13. Get a massage (touch alleviates anxiety)
14. Treat yourself to a mani-pedi
15. Enjoy a trip to a local rock spa
16. Curl up in a cozy weighted blanket for a movie night
17. Try some new essential oils
18. Take a relaxing bath with seasonal scents
19. Head on a weekend getaway
20. Read more books
21. Create a calming space in your home
22. Get your hair done
23. Go for brunch with a friend
24. Do absolutely nothing – and do not feel guilty about it
25. Bake some holiday treats
26. Fill your home with seasonal flowers and plants
27. Try coloring for stress relief
28. Avoid traditions that make you stressed out
29. Make your bed
30. Wake up and meditate
31. Write in a journal
32. Get outdoors for a minimum of 15 minutes each day
33. Practice gratitude
34. Clean up and declutter
35. Go to bed earlier
36. Turn off technology for at least an hour a day
37. Dance around your home
38. Do something creative
39. Read positive affirmations
40. Find a motivational quote for each day
41. Stretch!
42. Stay organized with a planner
43. Try a new exercise (yoga is great for seasonal depression and anxiety)