

Your Seasonal Affective Disorder (SAD) Support Checklist

Simple daily actions to lift your mood, boost your energy, and fight the winter blues

Daily Light Exposure

- ☐ Get at least 20-30 minutes of natural sunlight each morning
- ☐ Open blinds and sit near windows whenever possible
- ☐ Consider using a light therapy lamp (10,000 lux) in darker months

Physical Activity

- ☐ Exercise for at least 20-30 minutes, 3-5 times a week
- ☐ Try morning walks, indoor yoga, or any movement that lifts your energy
- ☐ Stretch for 5 minutes a day to keep circulation flowing

Nutrition

- ☐ Eat foods rich in vitamin D (e.g., eggs, fatty fish, fortified cereals)
- ☐ Stay hydrated-aim for at least 6 glasses of water daily
- ☐ Limit processed sugar and alcohol, which can worsen mood dips

Mental Wellness

- ☐ Keep a daily gratitude journal (write 3 positive things each day)
- ☐ Practise mindfulness or deep breathing for 5-10 minutes
- ☐ Set one small goal each day to maintain a sense of achievement

Social Connection

- ☐ Call or message a friend or loved one regularly
- ☐ Schedule a coffee or walk with someone weekly
- ☐ Join a club, class, or online support group to stay engaged

Sleep Routine

- ☐ Maintain consistent sleep and wake times-even on weekends
- ☐ Reduce screen time 1 hour before bed
- ☐ Keep your bedroom cool, dark, and quiet for optimal sleep

Your Seasonal Affective Disorder (SAD) Support Checklist

Weekly Reflections

☐ Reflect every Sunday: How did you feel this week?

☐ What worked? What needs tweaking?

☐ Celebrate small wins-progress beats perfection