

Activity 10

Estimated Time: 10 minutes

Thousands of people in the UK have seasonal depression. In fact, there are so many people who experience this condition, it is likely that you or someone you know has it. This is a mild form of depression, and in many cases, it is treatable at home with some self-care methods. Think about your current situation and make a list of at least eight different things that you can do to alleviate the symptoms of seasonal depression. For example, taking a brisk walk on a sunny day is one thing that can help.