A PAUSE, A PRACTICE, A NEXT STEP

Seasonal Depression

When mood changes follow a seasonal pattern.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

What it feels like

You may lose interest in usual activities, have low energy, or notice changes in sleep and appetite. The pattern can differ from person to person.

01 / Notice and reflect

When do changes usually begin?

02 / Notice and reflect

What support could I plan ahead?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek care when symptoms affect daily life. For suicidal thoughts or difficulty staying safe, open Crisis Support and connect with a person now.

Read more: NIMH · Seasonal affective disorder

More tools and immediate support: Our Healing Room / Crisis Support.