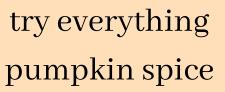




go on an autumn walk







Pumpkin painting



pumpkin picking





read cosy books



a baking day



#ByYoungPeopleForYoungPeople



get comfy and watch cosy films

@ypasliverpool



Everyone can feel sluggish and down during the autumn and winter months but SAD is a clinical form of depression.

Here are some differences:

## Winter blues

- Mild temporary low mood linked to shorter days.
- Mild- you may feel sluggish, less motivated, or a bit down.
- Short term.
- You can still manage your routine.

## Seasonal Affective Disorder

- Moderate to severesymptoms can be intense.
- Long lasting usually lasts autumn through spring.

