

IMPROVING
S.A.D

(SEASONAL AFFECTIVE DISORDER)

AT HOME

SMALL CHANGES TO MAKE TO YOUR HOME DURING THE DARKER MONTHS

NATURAL LIGHT

Natural light is scarce in these darker months, optimise all that you can get. Make sure windows are clear from debris, clean and are not being too overshadowed by local vegetation. Get Outside when and if possible.

ARTIFICIAL LIGHT

Natural light can be supplemented with artificial light by utilising full spectrum light bulbs, these can be great for areas used for work, however we do not recommend this as a complete substitute or use of these long beyond the working day; in order to retain natural circadian rhythms. We would also recommend using warmer lighting in areas for low intensity activities including relaxation and especially sleep.

REDECORATE

Seize the increase in indoor time and revitalise and optimise your space. Your walls could be a great place to start. Light bright rooms can be great for wellbeing and can help boost the light in the room but don't just stick with white, personalise; take control and make it your own. Remember colours such as green can promote calmness and evoke connections to nature, whilst yellow can help release serotonin. Warning: too much colour can have a negative impact!

MATERIALS

Whilst redecorating with not consider introducing more natural materials? The introduction of natural material into a space has been proven to have a positive impact on wellbeing. An easy way to do this is by introducing timber elements, this could be furniture, wall-coverings or flooring. Also use low VOC materials where possible as these have been shown to have numerous health benefits.

STORAGE

Now we are spending a little more time inside you maybe noticing that after those long summer days, full of activities, there is a lot of stuff either out of place or simply cluttering your living space. A simple way to de-stress, and improve wellbeing, is to de-clutter and put things away, this may require further storage solutions. Take the opportunity to have a clear out and remember mess equals stress!

PLANTS

Plants are probably the most well-known way to improve the wellbeing credentials of a space. However many feel uncomfortable purchasing such items due to maintenance concerns, ideas that they may not have space and concerns regarding contact with children and/or animals. The best thing to do, is to do research. Research prioritising the elements most important to you, being sure to double-check the plant's requirements match the conditions of the space they will occupy. Indoor plant requirements to consider include light and temperature requirements.

All you have to do then is to remember to water them... Under watering is much better than over-watering in any case; but do the research!

OUTDOORS

Despite it being much cooler than the previous months its important to get outdoors as much as possible. Spending just two hours a week in nature can be extremely beneficial to one's wellbeing. This also maybe a chance to undertake some exercise which is well known to be beneficial for mental wellbeing. Those fortunate enough to have gardens should utilise these also, why not try growing some winter crops, take full advantage of the planting season or simply take 5 and notice the flora and fauna which surrounds us everyday?

OTHER

Other very important considerations for this time of year include diet, making sure to get a good balanced diet, avoiding excess consumption of alcohol.

Make sure to get plenty of exercise, mentioned this could be in your private external/ green space or in a public offering; a minimum of 3 hours a week is recommended.

Also remember to make time for yourself and consider taking up positive activities such as mindfulness.

Most importantly remember to get plenty of sleep following your natural circadian rhythm when possible, try not to oversleep as this will shorten your the available time to soak up natural light.

THANK YOU FOR
READING, WE HOPE
SOME OF THESE
SUGGESTIONS HELP

If you require help incorporating the aforementioned elements into your property then please get in touch, for a free consultation using the email below:

info@headplace.org

IF YOU ARE IN CRISIS AND NEED HELP,
PLEASE VISIT YOUR LOCAL A&E,
TEXT SHOUT ON 85258 OR
CALL THE SAMARITANS ON 116 123