

**SYMPTOM** **0**

It's a sunny day and you're in a good mood and do not have any bad symptoms today.

*Do not move on Severity Scale.*

**Symptom Info**

Also known as seasonal depression or simply, SAD, this type of depression is a form of major depression that fluctuates with the seasons. It most often includes a depressive period in the fall and winter months.



**SYMPTOM** **0**

Lately, you have been working hard on keeping positive and it seems to be helping.

*Do not move on Severity Scale.*

**Symptom Info**

Remember that positive thinking will replace negative thoughts as your depression responds to treatment.



**SYMPTOM** **0**

You got a good workout in today and feel good for now.

*Do not move on Severity Scale.*

**Symptoms Info**

Try to be active and exercise. Go to a movie, play a sport, or another event or activity that you once enjoyed.



**SYMPTOM** **0**

You reach out to your best friend about why you are always sad it makes you feel a lot better.

*Do not move on Severity Scale.*

**Symptom Info**

Try to spend time with other people and confide in a trusted friend or relative. Try not to isolate yourself, and let others help you.



