



## Do You Have Seasonal Affective Disorder (SAD)?

1. Do you notice a significant drop in your mood or motivation during fall or winter months? ☐ Yes ☐ No ☐ Sometimes
2. Do you feel more tired or sluggish than usual, even after a full night's sleep, when daylight hours are shorter? ☐ Yes ☐ No ☐ Sometimes
3. Do you experience increased cravings for carbohydrates or comfort foods during colder seasons? ☐ Yes ☐ No ☐ Sometimes
4. Do you find it harder to concentrate or stay focused during certain times of the year? ☐ Yes ☐ No ☐ Sometimes
5. Do you withdraw socially or feel less inclined to connect with others during fall or winter? ☐ Yes ☐ No ☐ Sometimes
6. Do you feel a sense of heaviness, sadness, or hopelessness that seems to align with seasonal shifts? ☐ Yes ☐ No ☐ Sometimes
7. Do you notice a pattern of emotional difficulty that improves with longer daylight and warmer weather? ☐ Yes ☐ No ☐ Sometimes
8. Do you feel emotionally flat or numb during certain seasons, even if life circumstances are stable? ☐ Yes ☐ No ☐ Sometimes
9. Do you struggle to maintain routines or self-care practices during darker months? ☐ Yes ☐ No ☐ Sometimes
10. Have you ever wondered if your emotional shifts might be linked to light exposure or seasonal rhythms? ☐ Yes ☐ No ☐ Sometimes

**Are Your Answers Mostly “Yes”?:** These patterns may suggest Seasonal Affective Disorder (SAD) or seasonal mood sensitivity. Explore light therapy, movement, and emotional support.

**Are Your Answers Mostly “Sometimes”?:** You may be experiencing mild seasonal mood shifts. Reflect on how seasonal rhythms affect your energy and emotional regulation.

**Are Your Answers Mostly “No”?:** Your mood may not be seasonally impacted, but continued awareness and self-care are always beneficial.

*This quiz is for educational and self-reflective purposes only. It is not therapeutic advice.*

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