

# My SAD Survival Plan

## Prepare:

- Do I need to get any equipment or supplies?
  - Light boxes, exercise equipment, etc.
- Do I need to see any doctors or therapists?
- Do I need to devise any new plans for how I take care of myself?
  - Diet, exercise, socializing, stress management, etc.
- Do I need to make any environmental changes?
  - Changing indoor lighting, planning travel, etc.

## I will prepare by:



# My SAD Survival Plan

## Plan:

- When will I start my SAD survival plan each fall?
- Which treatments will I plan to use?
- Which treatment will I begin with?
- When will I stop using my SAD survival plan in the spring?

## I will plan to:



# My Monthly SAD Survival Plan

<b>Month:</b>	<b>Action:</b>
<b>January:</b>	
<b>February:</b>	
<b>March:</b>	
<b>April:</b>	
<b>May:</b>	
<b>June:</b>	



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# My Monthly SAD Survival Plan

Month:	Action:
July:	
August:	
September:	
October:	
November:	
December:	



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