

ULTRA ACCESS Mental Health Wellbeing Alert

Seasonal Affective Disorder (S.A.D)

Seasonal Affective Disorder (SAD) is a prevalent mental health condition that many at this time of year could be suffering with.,
The lack of (Sun) sunshine exposure can increase one's depression.

Most manual / site workers enjoy plenty of sunshine exposure...
However, for some who work long hours doing regular office work, in factories, refineries etc., especially in winter, this could be as low as 20%, from studies we've seen online.

The "Winter Blues" is another common name of this condition.
Seasonal depression is another.
And which ever nomenclature is chosen for the condition, it effects many many millions of people every year whilst at work.

We also get an important vitamin from sunlight.
Vitamin D.

According to some sources over 1 Billion people are lacking in Vitamin D, due to lack of sunlight (and certain foods).

It's an essential nutrient that our bodies don't directly produce.
With there being 2 known types;

- Vitamin D2 - that we get from food, like salmon, tuna, eggs, and mushrooms.
- Vitamin D3 - that we get directly from sunlight exposure.

The health benefits of Vitamin D are;
- calcium absorption,
- extra insulin production,
- improves our immune system,
- and of course helps combat depression.
... to name a few.

Vitamin D Supplements are an option this time of year, but so is spending as much time as possible in the sun ☀️, at breaks, and by sitting close to windows and skylights when working.

In short, humans NEED sunlight for its numerous benefits and positive impacts on our daily lives and our overall mental and physical wellbeing.

