

Black
Winter
Fatigue

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You may find it increasingly difficult to get through the winter season.

SAD (seasonal affective disorder) is more common in black people who live far from the equator where there are fewer daylight hours in the winter.

There is practically no sun in the UK during winter, which may be the reason for a large percentage of black people who experience chronic fatigue, irritability and depression

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There are some things you can do to help your mornings feel brighter for e.g buy a SAD lamp

Start your mornings by trying to wake up naturally. Set your alarm or radio to go off 30 minutes before you need to get out of bed

Drink a cup of herbal tea mindfully with no distractions

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**SAD has also been linked
to a lack of vitamin D**

**The higher a persons
level of melanin, the less
vitamin D can be
absorbed, meaning that
darker skinned people
need to spend more time
in the sun.**

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You can get vitamin D from foods like egg yolks, oily fish and certain mushrooms

Your best bet is to take vitamin D supplements

You can also try to go outside when the sun is shining, even if it's for a short walk. Your skin cannot absorb sunlight through glass.

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