



WELLNESS TIPS

BEAT THE END OF SUMMER BLUES



TIPS FOR THE TRANSITION TO FALL & WINTER

Treat Yourself! The fall and the winter are made for self-care. Indulge! Spoil yourself and enjoy it. One area of self-care often neglected is self-improvement. Take an online course, download a book or write that LinkedIn article. If you happen to suffer from anxiety or depression, self-care is even more important during seasonal changes.

Book a Vacation Plan a winter getaway so that you have something to look forward to. Nothing beats the summer-ending blues like knowing you will be able to ditch the fall and winter gear for bathing suits, shorts, and warm weather.

Turn Up the Tunes! Music can reduce anxiety and boost your mood. Put together a playlist of positive tunes and put on rotation when you're feeling down, but be sure not to spiral into summer time sadness with those sad, slow jams.

Get Vitamin D Try a supplement or using a sun lamp. Studies show this can improve symptoms of depression, by boosting vitamin D.

Make Easy Changes Clean out clutter, organize, beautify and make your place into spaces that you love to be. Re-arrange what you have, buy some new things, and make it the comfiest, cozy, and peaceful space it can be. A place to rest, relax, and recharge. Paint an accent wall. Try some aromatherapy. The fall is such a great time to take on projects like these.

Set Goals Season changes are a great time to do a check-in and reflect on your goals. Ask yourself questions like, what would you love to make happen this fall and winter? What would you like to have more of? What matters most to you?

Focus on the Positives There are a lot of great things about winter: hot chocolate, warm baths, sweaters, cozy blankets, not worrying about your weight, shaving less often, lazy nights, at-home get-togethers, comfy boots, warm cups of tea, candles, fires, sleep more, slowing down, do less, and rest more!

Resist the urge to isolate yourself. People experiencing the summer blues really need to make the extra effort to get out there and do the things they love, even if it feels impossible. It might be painful at first, but try to force yourself to go out and get out of the house. Or take baby steps and invite a couple of friends over. If that feels too overwhelming, try calling a friend. Just do what you can to reach out to your support system.

Still feeling really low? If the blues are too much for you, or you are struggling, don't hesitate to reach out for help and a fresh perspective from a professional.