

Seasonal Wellness and Selfcare

As the days become shorter and the nights longer, there is a tendency to hibernate indoors, especially if you love the warmer weather that the summer brings. Consequently, this may bring with it some winter blues. While some winter blues are normal as we remain indoors more frequently, it is important to remember to take care of ourselves. Here are some tips to naturally shake off those winter blues.

Exercise

“Moving your body will compete with that tendency to be sluggish and can produce good brain chemistry,” says Dr. Scott Bea, from the Cleveland Clinic. Exercise is a way to release stress and increase overall mood. Luckily there are many exercise videos on web platforms like this [yoga video](#) to try at home.

Social Engagement

Create time to interact with others, continuing to routinely engage with others may help combat the winter blues. This may be a weekly virtual meeting, a cup of coffee with your neighbors, or joining a book club or other group that meets regularly. Although increased interaction may be stressful to some, maintaining a comfortable level of social engagement, while setting boundaries may be found helpful to keep increase overall mood.

Light Therapy

[Light therapy](#) is administered using a device that contains white, fluorescent light tubes covered with a plastic screen that blocks ultraviolet rays. Light therapy boxes range in intensity, with up to 10,000 lux of light. While it's generally safe and well-tolerated by most people, those with certain health conditions shouldn't try it without consulting with your doctor first. Dawn simulators are other devices that simulate sunlight. These are alarm clocks, but rather than waking you abruptly with sound, they produce light that gradually increases in intensity, just like the sunrise.

Adapted from [3 Tips to Fight Seasonal Depression – Cleveland Clinic](#)

Remember EAP

Free and confidential supports may be available for everyday concerns through your EAP. You can learn more about your EAP benefits through your employer's HR department, find providers in your area, and access a wealth of information and resources for improving your mental health, building better relationships, recovering from substance misuse or addiction, navigating financial and legal matters, and much more.

Services available through SEAP are a free benefit of working for the Commonwealth. Visit liveandworkwell.com or call 1-800-692-7459 to learn more.

OCYF Trauma Tip Sheet

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