Managing seasonal mood changes



When the days get shorter, less daylight can affect your mood, energy, and sleep. Colder weather may also make it harder to stay active and spend time with others. Together, these factors can contribute to seasonal mood changes. You may notice:

- Feeling down
- Having less energy
- Sleeping more than usual
- Finding it harder to focus
- Losing interest in things you usually enjoy

If things have been feeling a little off this season, **try these tips to care for your well-being.**



Make time for daylight.
Plan some time outdoors during daylight hours. Try a short walk during lunch or step outside during a daytime break.

Find ways to stay active.
If cold weather puts your usual activities on hold, try an indoor option you enjoy. Dance to a few favorite songs, follow an exercise video, or take a fitness class.

Keep a regular sleep schedule.
Aim to go to bed and wake up around the same time each day.

Stay in touch with friends and family.
Meet for coffee, go for a walk, or invite someone over. A phone or video call is another way to connect.

Make room for something you enjoy.
Set aside time for a hobby or activity, even if it's just a few minutes. You don't have to finish everything on your to-do list before making time for it.

You don't have to manage it alone

If mood changes linger, worsen, or make daily life harder, talk with your doctor or a mental health professional.

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