Let’s Talk About the Winter Blues

During the winter months when the weather turns cold and daylight hours are briefer, it is not uncommon to notice changes in how you feel. You might experience sadness, irritability, low energy or motivation, a desire to sleep more, or self-isolation. By taking a few steps to care for yourself, you can help manage and even stave off the “winter blues.”

In addition to adapting to typical winter changes, COVID-19 protocols may present limitations to your normal self-care and wintertime routine, including winter break activities and holiday traditions. While this can be challenging, with some creativity and intentionality you may find ways to create a greater sense of normalcy and feel more like yourself!

Let’s talk about a few ways to beat the winter blues:

Be active. Pick an activity you enjoy and get moving to improve mood, manage anxiety, and release physical tension from stress.

Eat a balanced diet. Fuel your body and your mind with a nutrient-rich, balanced diet. Don’t forget that there is space for comforting foods you enjoy, too!

Find Your Light. Brighten your environment and your mood by opening up the blinds, turning on lights, or sitting near a window.

Stay connected. Be intentional about connecting with people you value and enjoy interacting with, whether in person or virtually.

Develop a new interest or hobby. Try your hand at doing something new and different such as acrylic pour painting, photography or making holiday crafts. Read a book for fun, try yoga or meditation, learn a new language, or do something else you’ve thought about trying out.

Sleep. Use the winter break to develop a more consistent sleep schedule and recharge mentally and physically.

Help others. Helping others can provide a sense of connection, meaning, and happiness. Find everyday opportunities for acts of kindness.

Get outside. While the weather may not be ideal, being outside can help you improve your mood and get a dose of Vitamin D. Bundle up and spend a little time in the fresh air (weather permitting)!

Practice gratitude. Thinking about what you’re grateful for can boost your mood and limit your focus from negative experiences. Make it a group activity by asking loved ones what they are grateful for, too!

Talk it out. Take time to share how you are feeling with someone you trust. If you feel like you need more help and support during this time, you might consider talking with a therapist.

Whatever you do to take care of yourself, remember that it can take time to make a change. Be patient and compassionate with where you are at in the moment!

For information about our services you can visit the Counseling Center website (https://www.bsu.edu/counselingcenter) or call the main desk at 765-285-1736.

THE RESOURCE & RELAXATION ROOM
The Counseling Center has re-opened the Resource & Relaxation Room for use of massage chairs by appointment weekdays 8am to 5pm. Each massage chair is in its own sanitized space. The light therapy boxes and relaxation music will be available with use of the massage chairs. Call 765-285-1736 to make an appointment. Free condoms and coloring pages are also available for grab and go.