

5 Ways to Navigate Seasonal Mood Changes

Hana Pierson, LLMSW, CAADC-DP | Wedgwood Integrated Counseling Therapist

As the season changes, many of us celebrate the coming of Daylight Savings as an opportunity to sleep an extra hour! However, many of us also struggle with the loss of daylight, which can bring along dips in mood, motivation, and energy, shorter tempers, and even consistent difficulty falling and staying asleep (or, sleeping too much!). While we can't do anything to prevent the colder months from coming, *there are a few things you can do to boost your mood and support seasonal mental health changes.*

1. MAXIMIZE NATURAL LIGHT EXPOSURE

Sunlight = serotonin (literally)! The more time you can spend outside or in direct sunlight, the better. Don't forget sunscreen!

2. STAY CONSISTENT WITH SLEEP

Winter often feels synonymous with cozy socks and matching pajamas, but too much sleep can throw off our mood and internal body clock even further. Keeping a regular bedtime and wake-up time throughout the entire year helps to support your body's natural rhythms for energy and mood.

3. GET A MOVE ON

Whether it's a fall color walk, a Turkey Trot, sledding, skiing, or even walking through an orchard, there are many seasonal ways to get your body moving and release endorphins (your body's natural "feel-good" chemical). Plan ahead for ways to adapt your current activity routines to seasonal conditions!

4. CULTIVATE ANTICIPATION

When the days are short and nights are long, it can be difficult to remember the beauty of an Endless Michigan Summer! Identifying small things to look forward to, such as meeting up with a friend, watching a new movie or show, or even greeting your pet at the end of the day can help you feel more motivated and hopeful.

5. EMBRACE THE INDOORS

Cultivating warm, inviting, and interesting indoor environments can help us feel engaged and productive when the weather outside is a bit too frightful! Dig out your favorite indoor crafts, hobbies, puzzles, and games to keep you connected and content throughout the colder months.

WEDGWOOD IS HERE TO HELP!

While some variation in mood and energy is normal when the seasons change, don't hesitate to reach out for professional support if these feelings start to feel overwhelming. Our team of clinicians at Wedgwood is here to help!