

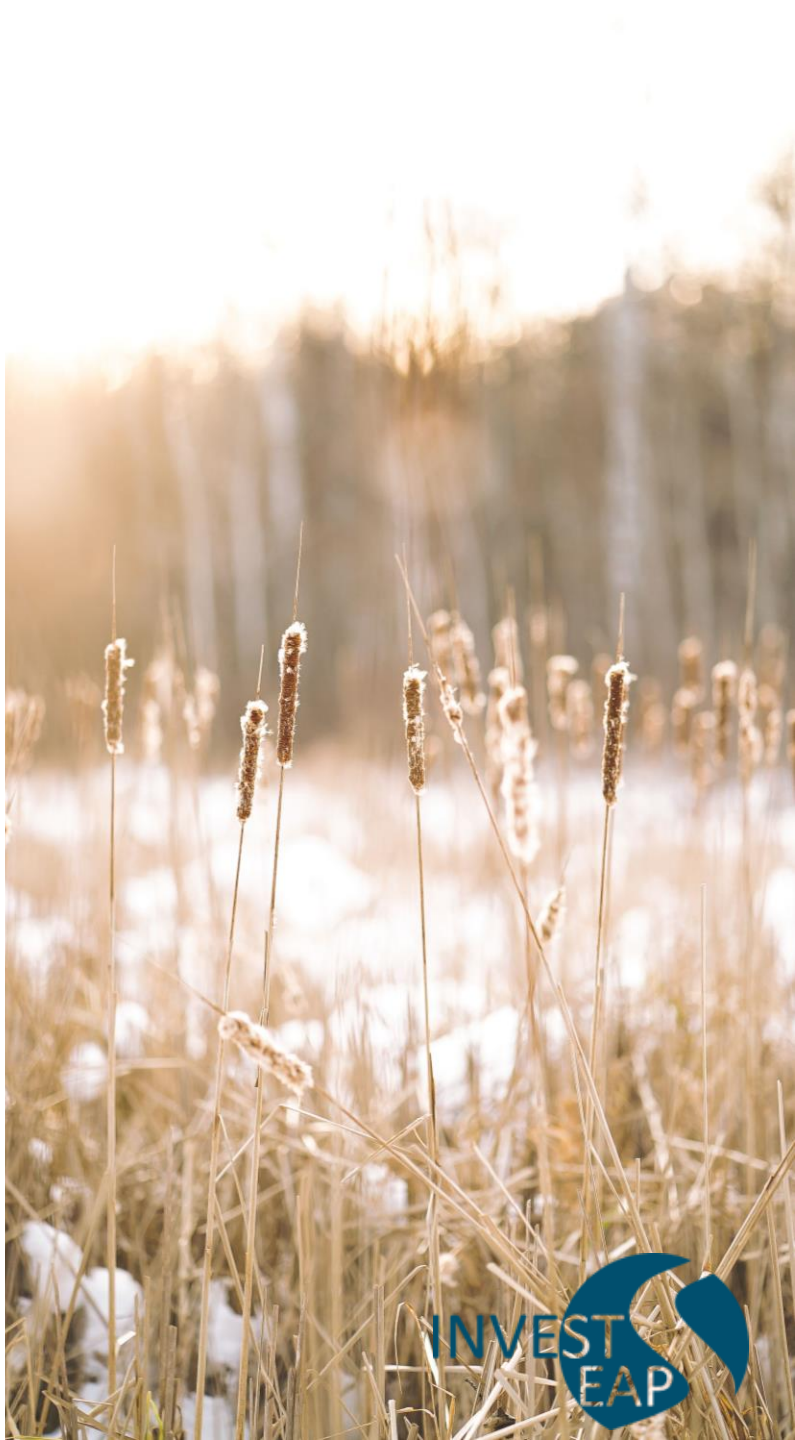


Finding Your Light in the Darker Months Ahead

INVEST EAP/CENTERS FOR WELLBEING

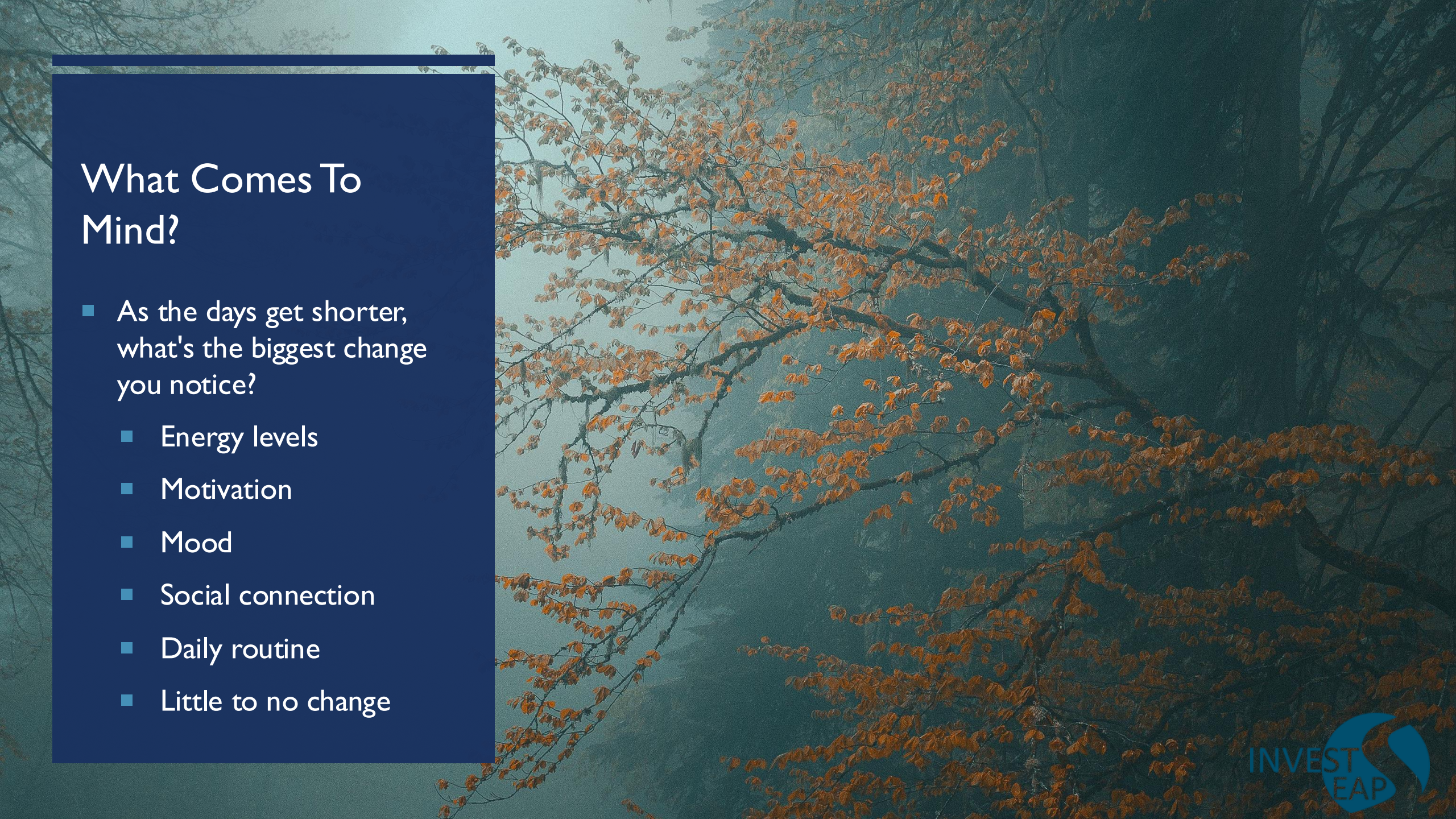
Agenda

- Quick Poll: What Comes to Mind?
- Seasonal Changes: Why the Darker Months Affect Us
- Support Your Wellbeing: Identify Simple Strategies for this Season
- Create Your Personal Winter Wellness Plan
- Key Takeaways
- Free Resources & Final Reflections



What Comes To Mind?

- As the days get shorter, what's the biggest change you notice?
  - Energy levels
  - Motivation
  - Mood
  - Social connection
  - Daily routine
  - Little to no change



Why the Darker Months Affect Us

- Changes in daylight influence our body's internal clock, affecting our:
  - Energy
  - Focus
  - Mood
  - Activity levels
- What you might notice:
  - Mild feelings of sluggishness
  - Changes in concentration or motivation
  - For some, more significant mood challenges



Why the Darker Months Affect Us

Why "Just Push Through!" Doesn't Help

- These changes aren't simply a lack of willpower. **Light is a key signal that guides our body and brain.**
- Daylight helps our body know when to wake up and when to wind down.
- When we have less daylight, we lose some of the light cues that help our body be in synch with our daily schedule.
- Instead of pushing through, ask yourself:

"*What does my body need to function well right now?*"





A Moment to Reflect

What is one thing you enjoy about this season and one challenge it brings?

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Ways to Support Your Wellbeing This Season:





Maximize Light Exposure

- Get morning sunlight when possible
- Brighten your work and home environments
- Spend time outdoors when you can

Keep Your Body Moving

- Movement can support mood and boost energy
- Find activities that work well in the cold
- Look for small ways to move throughout the day

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Ways to Support Your Wellbeing This Season:





Maintain Meaningful Connection

- Make time for friends, family, and community
- Plan small moments of social connection
- Connection is a protective factor for our wellbeing!

Create Daily Anchors

- Keep consistent daily routines
- Engage in activities you enjoy
- Build structure around what matters most

Activity: What's Missing?

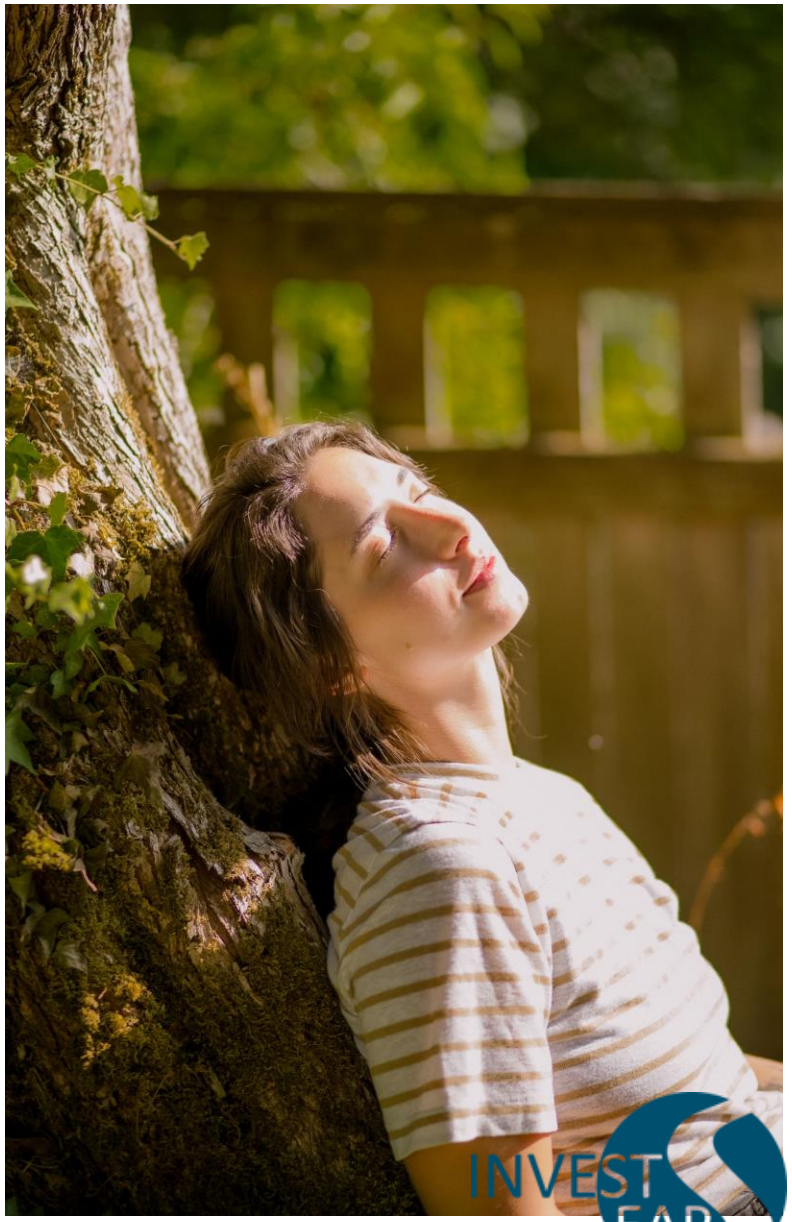
Rate yourself on a scale of 1-5 for each area:

1= Needs attention | 5 = Feeling great

- Light exposure
- Movement
- Connection
- Daily Routines











Creating Your Personal Winter Wellness Plan

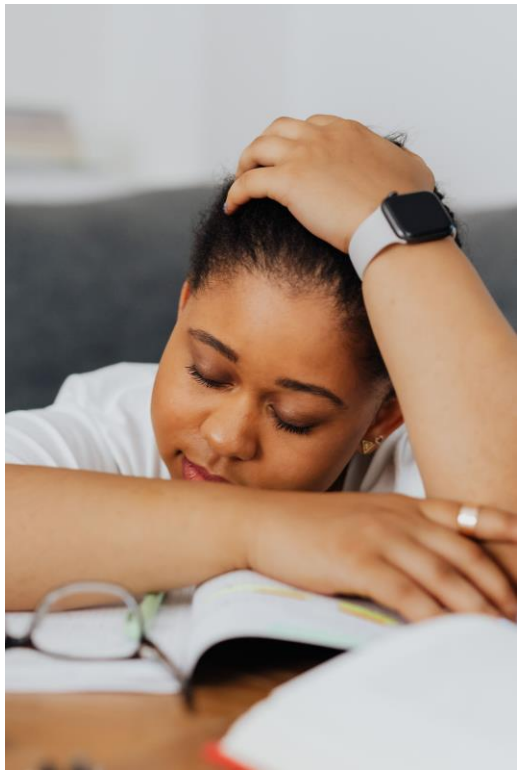
What Fills Your Cup?

- Morning walk vs. Afternoon walk
- Social connection vs. Solo recharge
- Indoor workout vs. Outdoor movement
- Planned routine vs. Trying something new
- Warm tea or coffee vs. Hot coco
- Winter sunshine vs. A snowy-day reset
- Time in nature vs. Time in a cozy space

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Know Your Signs: When to Check In With Yourself

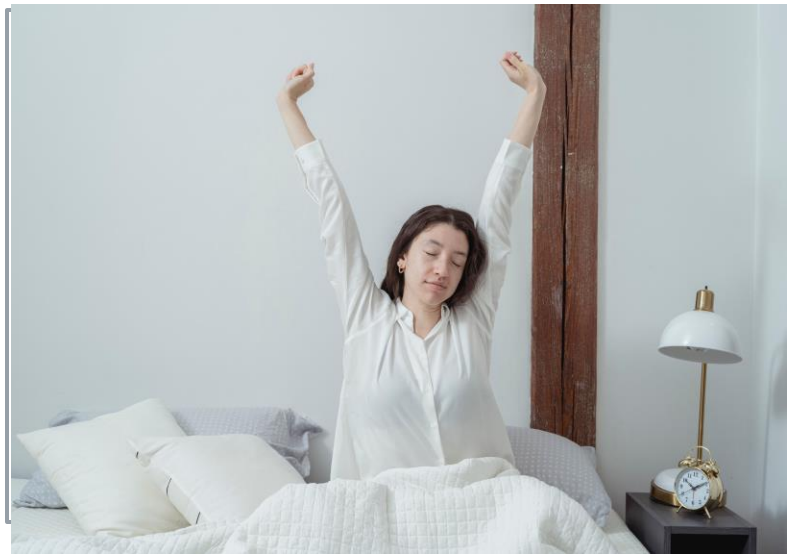




- Pay attention to changes in how you feel
- Recognize when you may need additional support
- Signs to look for:
  - Feeling unusually tired or irritable
  - Losing interest in activities you typically enjoy
  - Ongoing changes in sleep, appetite, or motivation

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Final Thoughts





- Seasonal changes can affect our mood, energy, and motivation.
- Small, consistent actions can make a meaningful difference in how we feel.
- Prioritizing daylight, movement, connection, and routine can help support our wellbeing throughout the season.
- Take a moment to reflect - **What helps you feel most like yourself during seasonal changes?**

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Free Resources

Seasonal Affect Disorder (SAD)

10 Tips to Beat the Winter Blues

How to Fight the Winter Blues and Seasonal Affect Disorder This Winter

6 Tips to Stay Active This Winter

Improving Social Connectedness

Invest EAP Articles & Resources

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