BLOG

Winter Mood Check: Blues, Adjustment or SAD?

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Ask Yourself

- Low most days for two weeks or more?
- Did this happen last winter too?
- Craving carbs or pulling back from people?

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Plan Pleasant Things

- A walk at lunch while it is light
- A standing call with a friend
- A weekly class on the calendar

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What You Can Do

- Talk with a provider about your mood
- Ask about light or talk therapy
- Thoughts of suicide? Call or text 988

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Read the full article

Darker Evenings, Lower Mood? A Short Adjustment, the Holiday Blues or SAD

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General information, not medical advice. Your provider can tell you what is right for you. If you are struggling, call or text 988.