

# Spilling the Tea at CWC

## December/January

### How to handle the Winter Blues

Have you ever noticed that you may sleep a little more or have difficulty getting motivated during the winter months? **There is a legitimate reason that you might be struggling with the winter blues.** Did you know that when we have healthy exposure to Vitamin D (sunshine) our body naturally produces a chemical called serotonin. Serotonin is responsible for boosting our mood. Less exposure to sunlight (our days are shorter in the winter) reduces serotonin production. Additionally, less daylight increases melatonin production, a chemical that supports healthy sleep. Less Serotonin and more melatonin makes for more sleepy, less energetic individuals. **So how can we help ourselves?** Get outside during the day and get a little fresh air and Vitamin D. Even a little exposure to the sun supports serotonin production. Make sure that you are taking time for things you love. Winter hobbies, good books, exercise and time with friends are all great ways to boost our mood.

### New Year's Resolutions, Love 'em or Trash 'em

As we prepare to ring in a new year, there is growing debate around New Year's resolutions. Is it healthy to begin a new year with goals and expectations for the entire year or are we setting ourselves up for failure? Resolutions can certainly help us identify opportunities for self improvement and many experts often suggest reframing goals into lasting commitments and sustainable habits as a healthy alternative. Instead of a goal that we want to exercise more, try "walk for 30 minutes, 3 times a week". Stay focused on the process, rather than perfection and identify why the goal is important to you. Or, focus on a general value rather than a rigid goal. Maybe consider a guide word or a focus word rather than making resolutions. Whatever you choose, make sure it works for you!

Worth the read: **"The Mindful Twenty-Something"** by **Holly B. Rogers**  
Worth the listen:  
Check out **"On Purpose"** with **Jay Shetty**

### Seasonal Affective Disorder S.A.D

**Seasonal Affective Disorder** is a type of depression that presents in the late fall or early winter. It is normal to feel a little down, but if this feeling persists and you aren't enjoying activities that you normally do, visit with your health care provider.