

How to beat SAD this winter



Once the festivities of Christmas and New Year are over, do you hit a bit of a wall? Whilst this isn't clinical depression, it is a feeling of melancholy that a lot of us experience in January.

With dark nights still in full swing, cold temperatures and dented bank accounts, we're often left feeling exhausted and drained, instead of refreshed and recharged after the holiday period.

How to deal with January blues

January is often a time for reflection and rest, so here are a few ways to help you manage any gloomy feelings you may have at the start of the year:

Don't pressure yourself

Remind yourself you don't need to change as we enter a new year

Identify stressors

Identify your life stressors and work on reducing them

Get outside during the day

Fresh air and sunlight are good for the mind!

Give yourself permission to rest

You deserve it!

Express gratitude

Be thankful for the things you have, no matter how small.

Focus on the positive

Focus on your strengths and not the things you "need to change"

Set small weekly goals

For example, meal prep for the week on a Sunday

Get support from family & friends

They're there to help you.

If you're really worried about how you're feeling, we recommend talking with your GP or a medical professional.