

# Straight From the Source

## COPING WITH THE

## Winter Blues



It is not uncommon to feel down, irritable or anxious during the winter months. This time of year brings unique challenges for our students and the adults in their lives. Less time outdoors due to cold weather, less sunlight and mid-year workload are common stressors. This year, the added barrier of COVID-19 worries and avoiding indoor contact with others mean that connecting to strength is even more crucial. Keeping in mind that many strengths are better than one, we can get creative and find activities that allow us to tap into multiple strengths at one time. Below are some ideas for you to try at home!

**Add artwork to your gratitude journal.**

**We are thankful for:**

**A little more sunlight each day  
Reaching the half-way mark!  
(Spirituality, Healthy Activities)**

**Partner with family members to  
donate/volunteer for a good cause!  
(Family Support, Generosity)**

**TRY A VIRTUAL COOKING CLASS OR  
PRACTICE A NEW RECIPE WITH FRIENDS!  
(POSITIVE FRIENDS, HEALTHY ACTIVITIES)**

**Write an end-of-quarter thank-you email to a  
teacher who has really helped you this  
semester**

**(Mentors, Generosity)**

**Get outside with friends!  
Sunlight is a great source of  
Vitamin D (linked to better  
emotional health and sharper  
thinking). Bundle up and try to  
get outside for a walk each day.  
(Physical Health, Positive  
Friends, Healthy Activities)**

**Talk to someone! If you're having  
a hard time coping, reach out to  
a trusted adult.**

**(Mental Health, Mentors)**