

Finding Light in the Dark Months

Gentle ideas for staying connected and caring for yourself during darker seasons, including Pacific Northwest winters.

Create cozy rituals

- Make a comfortable corner with soft light and a book or music.
- Choose one small daily ritual, such as tea, a journal entry, or a brief call with someone you care about.

Seek light and fresh air

- Open curtains and spend time near daylight when available.
- If it is safe and practical, take a short outdoor walk during daylight hours.
- Ask your clinician whether a light box is appropriate before starting light therapy, especially if you have eye conditions, bipolar disorder, or take photosensitizing medication.

Move and create indoors

- Stretch, dance, try a beginner movement video, or take a gentle walk in an indoor space.
- Try drawing, cooking, crafting, puzzles, or visiting a community class or library.

Stay connected

- Plan low-pressure time with a friend or family member.
- Look for nearby community groups, classes, or volunteering that matches your energy.

Care for your mind and body

- Keep a regular sleep/wake schedule as you can.
- Eat consistent meals and try a grounding or breathing practice that works for you.
- If low mood is persistent or worsening, seek support from a mental health professional.

Educational resource, not individualized treatment. Recreated as a readable version because the submitted seasonal graphic contained illegible text.

Reboot Your Brain Counseling & Coaching | rebootyourbraincounseling.com