

CHANGING WITH THE SEASONS

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Cooler weather, darker mornings, leaves falling, and most of all “pumpkin spice everything”: these things are all signs that summer is giving way to fall. The season is changing from warm, sunny lake days to cooler, cozy temperatures.

WHY FALL CAN FEEL SO DRAINING

These changes happen every year, but sometimes this transition is harder than others. You may find it harder to get up in the morning, feel more tired, notice your mood shift, or experience all the above.

As the seasons change, it’s important to recognize what you’re feeling and how best to take care of yourself.

Living in the Midwest, fall brings less sunlight throughout the days. This seasonal shift can affect the body’s natural energy regulation, nutrient absorption, and appetite due to variations in temperature, daylight, and activity. You may notice yourself feeling more “blah” or tired, grabbing food from the drive-thru or ordering delivery more often, or wanting to just veg on the couch.

There are ways we can help make those shifts less intense while focusing on your overall physical and mental health.

NUTRIENTS WORTH TALKING TO YOUR PROVIDER ABOUT

Supplements can be a helpful way to give our bodies those nutrients we get during the spring and summer months that we lack in fall and winter months.

Of course, talking with your provider about what’s best for you is key:

- Vitamin D (which we get from the sun) supports our bone health, immune functioning, and mood
- Vitamin C is an antioxidant that helps keep our immune system strong
- Zinc helps our bodies fight off viruses
- B vitamins support daily energy levels when fatigue sets in

EATING FOR ENERGY AND MOOD

Nourishing your body is something to focus on all year. Eating fiber-rich vegetables (broccoli, sweet potatoes, Brussels sprouts, peas, pumpkin, and artichokes) while incorporating other healthy food choices like whole grains and proteins can improve overall mood and well-being.

FILLING YOUR CUP WHEN MOTIVATION DIPS

When your mood dips, it can be difficult to find the motivation to be active or do anything at all. Finding ways to continue to fill your cup, stay active, and improve your mood are important all year, but it becomes even more so in the fall and winter.

Continue to make self-care a priority with activities you enjoy doing, by yourself and with others. Recognizing when you may not be feeling okay, and finding things to improve your overall mood, is key.

If you’re struggling with the seasonal shift, The Village Family Service Center is here for you. [Explore our services](#) to find support that fits your needs.