



Navigating November

November 2020

Recently, we shifted from Daylight Saving Time and my thoughts inevitably turn towards the reality that the late fall/early winter season is now upon us. For many of us, this leads to prioritizing some of our wellness rituals that better suit our needs at this time of year.

Here are a few strategies that might help you better manage the challenges of the winter season:

1. Seek sunlight - naturally or otherwise

The lack of sunlight in winter months has been proven to be the leading cause of low mood during the colder months. Whether it be getting outside before, during or after work, it's important to layer up and get into the sunlight. If you struggle to find the sun, artificial sunlight boxes can provide a similar boost with as little as a 30-minute exposure. Either way, this is a great way to stave off the winter blues.

2. Feed your winter soul

The fall and winter weather often leads to changes in our diet. Be sure to continue to get your daily vegetable and fruit needs. Shift your meal planning to include a few slow cooked meals during the week and weekend. Not only are these savoury meals warming and nutritious, they often fill our kitchens with aromas that extend the pleasure of the meal well beyond the time we enjoy them on our plates.

3. Get outside, move and breathe!

This strategy will likely sound repetitive but getting outside daily and being active remains one of the best sources of wellness - regardless of what time of year it is! It is particularly valuable during the winter, being outdoors

provides a good source of vitamin D, a boost to our immunity and mood, and improves our quality of sleep. A good dose of winter air and activity goes a long way to feeling vital and improving our mood.

4. Create warmth

During the colder months of the year, we become more vulnerable to feeling cold, which can depress the immune system and mood. Create ways to remain warm by dressing for the weather, enjoying warm baths or saunas, sitting by a fire or embracing a warm cup of tea or hot chocolate after outdoor activity. Feeling warmer physically leads to feeling better emotionally. Enjoying a cuddle with our loved one(s), COVID-19 safely, can go a long way to boosting our mood as well. Create ways to stay warm and embrace our Canadian winter regardless where you live in B.C.

Please reach out to the [BCPVPA EIP Program](#) should you seek support and guidance around remaining professionally well during this challenging time.

With great respect and admiration,

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Jack's column appears in BCPVPA's eNews the first Friday of each month.