

THE Counseling CONNECTION

St. Hilary School
Mrs. Eldred and Mrs. Parisi

Beat the Winter Blues

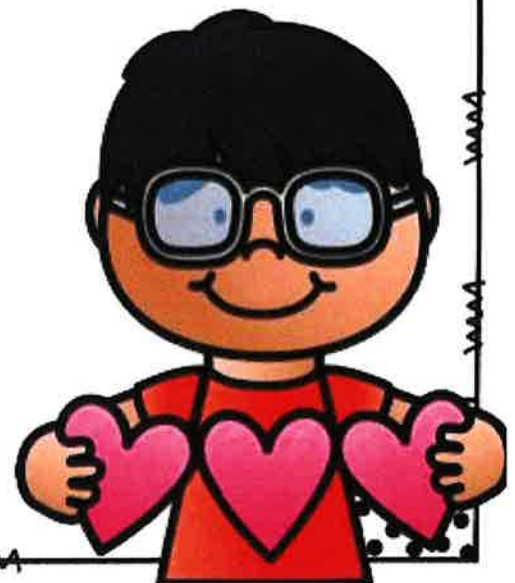
Northeast Ohio is known for many amazing qualities, however, it is also famous for its cold, snowy and grey winter. So it's no surprise that when the winter months bring us indoors, we see an increase in reports of depressed mood. So short of moving to a sunnier spot, can anything be done to help beat the "winter blues"? Yes! It's called **Behavioral Activation**

How Behavioral Activation Works: We know that disengaging from our routines and withdrawing from our environment makes a depressed mood worse. The opposite is also true. Increasing our access to things that reward us helps us to feel better. By following the easy acronym BASE, you can help beat the winter blues!

- **Body care** How have you taken care of your body today? Exercise, sleep, eat well, and drink water.
- **Accomplish** What goal have you accomplished for the day? Keep it simple. Goals can be related to homework, something you've been wanting to do around the house, etc.
- **Social** Have you connected with others today? Have a family meal or spend time with friends.
- **Enjoy** Do something that you enjoy each day. Take time to have fun, laugh, and smile.

February's Focus:
Beat the winter blues





<https://www.metropediatrics.com/tips-help-child-beat-winter-blues/>



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BEHAVIORAL ACTIVATION: Be sure to cover your BASEs!



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Body care Exercise Take a bath Eat healthy</p> 							
<p>Accomplish Set a goal! Do something you're good at Contribute to community</p> 							
<p>Social Friends Family time Connection with others</p> 							
<p>Enjoy Do something just for FUN!</p> 							

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