Beating the Winter Pandemic Blues

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Stay Calm and Well
Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.

Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life
Learning Objectives:

• Identify symptoms of winter blues & pandemic blues
• Learn tips for beating the blues
  • Cope with Stress
  • Take Care of Yourself
  • Connect with Others
  • Identify where to get help
• Set a SMART goal to beat the winter & pandemic blues
How does winter affect you?
*Physically – Emotionally - Mentally*
Changes that come with winter

- Shorter days, fewer hours of daylight
- Colder temperatures
- Changes in brain chemistry
Symptoms of Winter Blues

- Feeling sluggish & sleepy
- Increased/decreased appetite
- Depressed mood
- Feeling less social
Impact of Pandemic

- finances
- eating
- grief
- stress
- issues
- worry
- substance
- depression
- health
- sleeping
- mental
- fear
- loss
- isolation
Beating the Winter Blues & Pandemic Blues
Cope with Stress

• Learn to keep calm
• Be mindful in the moment
• Unitask
• Take time away from technology
Cope with Stress

- Seek new experiences
- Be creative
- Find or engage in a hobby
- Journal
- Write notes of gratitude or kindness
Take Care of Yourself

- Get plenty of sleep
- Eat healthy, well-balanced meals
Take Care of Yourself

• Get outside
  • Take walks
  • Spend time in nature

• Get moving
  • Exercise
  • Physical Activity
Connect with Others… Safely

- Socialize
- Volunteer
- Play
- Laugh!
Empowerment in a Pandemic -
Learn where to get help

• Learn the facts of COVID-19
• Learn what to do if you are sick
• Locate support services & resources
Seek help when needed

- If your stress or depression symptoms persist, talk with a doctor or counselor
- OSU’s Employee Assistance Program
Set a Goal: what will you try this week?

• What is one small change you can make this week?

• SMART Goal
  • Specific
  • Measurable
  • Attainable
  • Relevant
  • Timebound
Remember… Spring *is* coming!
Resources

• Centers for Disease Control and Prevention
• Helpguide.org
• Kaiser Family Foundation
• OSU Health and Wellness Resources
• OSU Extension:
  • livesmartohio.osu.edu Mind and Body blog
  • livehealthyosu.com Live Healthy Live Well blog
Skills Building - Week #1

• Cope with stress
• Take care of yourself
• Connect with others
• Know where to get help
• Set a personal goal for this week to take care of yourself
Thank You
Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation

This survey will be sent via email to all registrants.
This and all future series recordings can be found at:
https://u.osu.edu/keepcalmcovid193/recorded-webinars/
Next Week

December 9, 2020 12:30 - 1:00 pm EDT
Beating the Blues with Exercise
Misty Harmon, MS
Family and Consumer Sciences Educator
OSU Extension Perry County

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