

Staying Well When Winter is Long

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Chair Yoga for Wellness



EASY & ACCESSIBLE

Easy for most people to do between tasks.



GENTLE & VERSATILE

Chair yoga is gentle and can be done anywhere.



MENTAL BREAK

Promotes wellness and provides a mental break.



EMOTIONAL REGULATION

Helps keep us relaxed and emotionally regulated.



NY Gray Sky Energy



Minimal sunlight



Low levels of Vit. D



Earlier nights



Darker commutes



Hibernation



On a scale of 1–10: How much does the sky affect you?

5 Foods For Mental Health

1

DARK GREEN VEGGIES

Foods like spinach, kale, and broccoli contain antioxidants that help protect the brain and support cognitive function.

2

FRUIT

Fruits contain fiber and nutrients that support healthy gut bacteria, which can improve communication between the gut and brain, improving mood regulation.

3

OMEGA 3 FATTY ACIDS

Found in fish, egg yolks, nuts, and seeds, they travel through the brain and interact with mood-related molecules which may relieve depression.

4

VITAMIN D

Foods such as fortified cereals, egg yolks, salmon, and tuna are associated with improved mood regulation and decreased depression.

5

B VITAMINS

Found in whole grains, meat, poultry, eggs, legumes, and leafy greens, these vitamins help produce neurotransmitters that affect mood



Vitamin D and Light

01



Vitamin D deficiency is common in NYS

03



"Light hygiene" can improve your sleep quality

02



Adequate Vitamin D is vital for bone health

04



Prioritize morning light to regulate your circadian rhythm



Move to Thrive: Winter Activity & Wellness



Boosts mood & combats winter blues.



Increases energy & reduces fatigue.



Strengthens the immune system.



Improves sleep quality & regulation.



Micro-Joys: Daily Combat



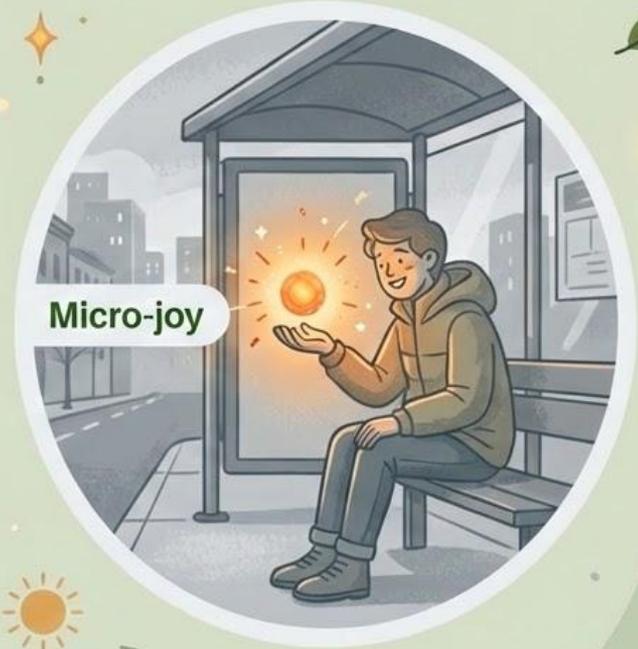
Identify one small enjoyable thing to anticipate daily.



This brief 30-second exercise boosts daily happiness.



Use 'Micro-Joys' to combat the effects of seasonal blues.





*The color of springtime
is in the flowers;
the color of winter is
in the imagination.*

— Terri Guillemets