

# RESILIENCY

Resiliency In The Moment: Combating Seasonal Affective Disorder



“In the depth of winter,  
I finally learned  
that there was in me  
an invincible summer.”

-Albert Camus

## Experiencing the “Winter blues” or SAD? Try one or all of these suggestions.

1. Be Proactive
  - Sometimes recognizing the symptoms of Seasonal Affective Disorder is half the battle. After you recognize it, try what you think will help you.
2. Exercise
  - If exercise is new to you, consider starting small. 10-15 minutes a day will have a profound effect.
3. Go Outside
  - Yeah it’s cold. Don’t let that stop you. Get bundled up and head outside to witness the beauty of winter. Why not combine it with exercise? Two for the price of one!

Which will you do today?

Visit [thrivebybjc.org](http://thrivebybjc.org) for your employee well-being resources at BJC

**Need more help?** Employee assistance is available at [bjceap.com](http://bjceap.com) or (314) 747-7490