



RED OAK

BEHAVIORAL HEALTH

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March 2025

WELLNESS TIPS FOR THE LONG WINTER MONTHS

The long winter months in Northeast Ohio can take a toll on your physical and mental health. You may feel more irritable, sad, and physically and emotionally tired. Paying attention to these feelings is important to maintaining positive overall health.

Researchers at Brown University put together these tips to help us manage our negative emotions:

- Get outside and exercise- even 15 minutes a day can boost your mood and help you sleep better.
- Maintain healthy eating and sleep habits- try to be consistent.
- Have a support system and stay connected by scheduling activities with loved ones.
- Keep up with your appointments including dental, eye, and primary care.
- Try relaxation and stress reduction techniques- deep breathing, muscle relaxation, and mindfulness.
- Practice reframing negative thoughts with more positive ones- journaling can help.

These tips can help you manage your stress and mental health, but if you feel you are not making the progress you want, contact your doctor. The following are feelings that may indicate that you need additional help:

- Feeling depressed most of the day
- Decreased interest or pleasure in activities you used to enjoy
- Changes in weight and appetite
- Feelings of worthlessness, hopelessness, or excessive guilt
- More difficulty concentrating than usual
- Experiencing strong mood swings
- Thoughts of death, suicide, or harming others

Winter in Northeast Ohio can feel long, but spring is just around the corner! Try these tips to see which ones work best for you and your family.



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“WINTER TEACHES US THAT EVEN THE COLDEST DAYS CAN LEAD TO BEAUTIFUL TRANSFORMATIONS.”-UNKNOWN