

# RESILIENCY

Resiliency During Crisis: 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? 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?

Need more help? EAP – (314) 747-7490 24-hour, virtual hotline available  
Visit the [BJC COVID-19 site](https://covid19.bjc.org) for additional Wellness Resources – [covid19.bjc.org](https://covid19.bjc.org)