Recognizing the signs

Awareness is a form of care. Tick anything you have noticed in yourself during the darker months.

- [ ] Sadness that lingers most of the day
- [ ] Losing interest in things I usually enjoy
- [ ] Wanting to isolate or shut people out
- [ ] Fatigue or heaviness in my body
- [ ] Sleeping much more than usual
- [ ] Eating much less, or much more, than usual
- [ ] Feeling overwhelmed or anxious
- [ ] Negative thoughts that keep repeating
- [ ] A sense of dread as summer ends
- [ ] Feeling like my life is “on pause”
- [ ] Hopelessness, or feeling this season will never end
- [ ] Thoughts of death or of not wanting to live

Listen to the people who love you

Sometimes others notice before we do. Has anyone said things like “You seem off,” “I haven’t seen you in a while,” or “You sound different”? Pause and ask whether there is truth in it.

What have others noticed about me in past winters?

When the season touches something older

Sometimes the darker months land on top of a painful memory or anniversary from earlier in life. If a certain time of year always feels heavier than the weather alone explains, that is worth exploring gently with a therapist.

Is there a date, memory, or loss connected to this time of year for me?

What would feel supportive to me around that time?

PLEASE READ

If you feel hopeless or have thoughts of suicide

Hopelessness can lead to decisions in the moment that affect you long term. You do not have to carry this alone. Reach out right away.

9-8-8

Call or text the Suicide Crisis Helpline, Canada, any time

9-1-1

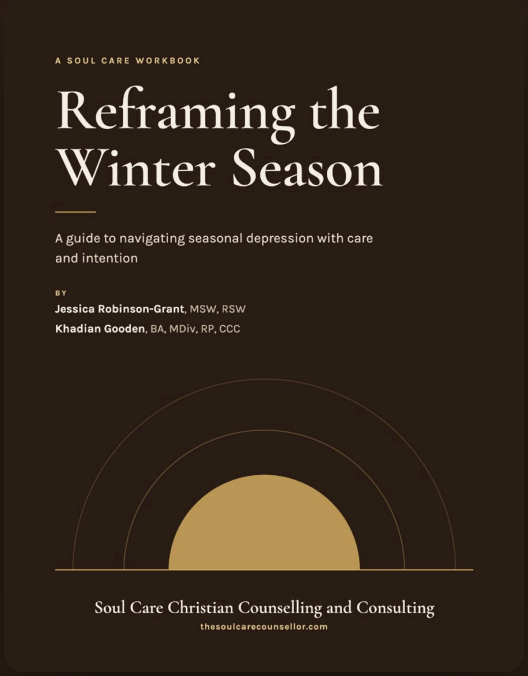
If you are in immediate danger, or go to your nearest emergency department

Today

Tell your therapist, doctor, or a trusted person what you are feeling

Outside Canada? Call your local emergency number or crisis line.

WANT THE REST OF THE WORKBOOK?



Reframing the Winter Season

A guide to navigating seasonal depression with care and intention, by Soul Care therapists Jessica Robinson-Grant, MSW, RSW and Khadian Gooden, BA, MDiv, RP, CCC.

- ✦ Understanding seasonal depression
- ✦ Creating warmth and safety
- ✦ The five pillars of soul care
- ✦ Your winter care plan
- ✦ Questions for your doctor
- ✦ An optional faith companion
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