

# Beating the Winter Pandemic Blues

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## Stay Calm and Well

### Part III | Beating the Blues

Learn strategies to reduce stress and improve your optimal state of health and well-being during challenging times.

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OFFICE OF THE CHIEF WELLNESS OFFICER



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*Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life*

# Learning Objectives:

- Identify symptoms of winter blues & pandemic blues
- Learn tips for beating the blues
  - Cope with Stress
  - Take Care of Yourself
  - Connect with Others
  - Identify where to get help
- Set a SMART goal to beat the winter & pandemic blues



# How does winter affect you?

*Physically – Emotionally - Mentally*





# Changes that come with winter



- Shorter days, fewer hours of daylight
- Colder temperatures
- Changes in brain chemistry





# Symptoms of Winter Blues

- Feeling sluggish & sleepy
- Increased/decreased appetite
- Depressed mood
- Feeling less social





# Impact of Pandemic

finances  
eating  
grief  
**stress** issues  
worry substance  
depression health sleeping  
**mental**  
fear  
loss isolation





Beating the

*Winter*

*& Pandemic* Blues

# Cope with Stress

- Learn to keep calm
- Be mindful in the moment
- Unitask
- Take time away from technology







# Cope with Stress

- Seek new experiences
- Be creative
- Find or engage in a hobby
- Journal
- Write notes of gratitude or kindness



# Take Care of Yourself



- Get plenty of sleep
- Eat healthy, well-balanced meals



# Take Care of Yourself

- **Get outside**
  - Take walks
  - Spend time in nature
- **Get moving**
  - Exercise
  - Physical Activity





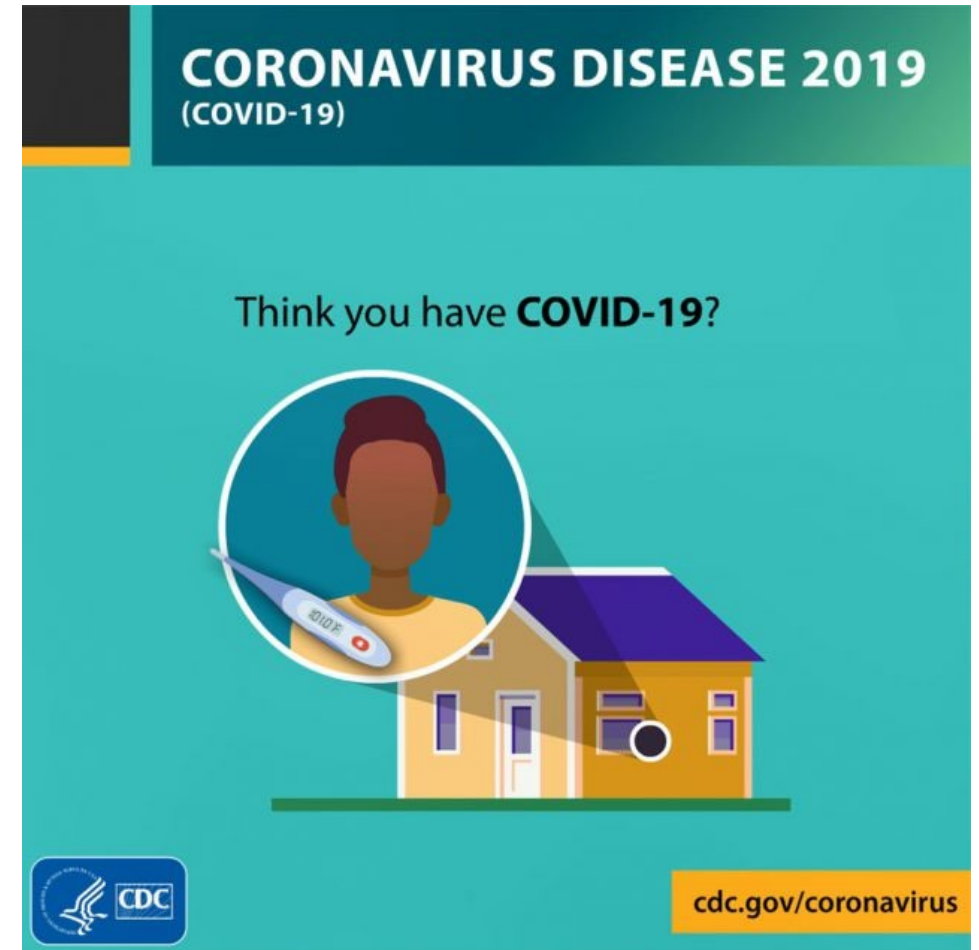
# Connect with Others... Safely

- Socialize
- Volunteer
- Play
- Laugh!



# Empowerment in a Pandemic - Learn where to get help

- Learn the facts of COVID-19
- Learn what to do if you are sick
- Locate support services & resources



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**YOUR PLAN  
FOR HEALTH.**



### **YOUR PLAN FOR HEALTH (YP4H) AND THE OHIO STATE EMPLOYEE ASSISTANCE PROGRAM (EAP)**

The Ohio State Employee Assistance Program (EAP) is an important element of the Your Plan for Health (YP4H) preventive approach to providing benefits-eligible faculty, staff, and their families with the tools and resources that will empower them to pursue a life of health and wellness, fostering a culture of well-being and optimal performance.

The EAP provides complimentary and accessible counseling, consultation, and human relations training by licensed, experienced masters- and doctoral-level mental health professionals.

# **Seek help when needed**

- If your stress or depression symptoms persist, talk with a doctor or counselor
- OSU's Employee Assistance Program



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# Set a Goal: what will you try this week?

- What is one small change you can make this week?
- SMART Goal
  - Specific
  - Measurable
  - Attainable
  - Relevant
  - Timebound



# Remember... Spring *is* coming!



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# Resources

- Centers for Disease Control and Prevention
- Helpguide.org
- Kaiser Family Foundation
- OSU Health and Wellness Resources
- OSU Extension:
  - [livesmartohio.osu.edu](http://livesmartohio.osu.edu) Mind and Body blog
  - [livehealthyosu.com](http://livehealthyosu.com) Live Healthy Live Well blog





# Skills Building - Week #1

- Cope with stress
- Take care of yourself
- Connect with others
- Know where to get help
- Set a personal goal for this week to take care of yourself



# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation

**This survey will be sent via email to all registrants.  
This and all future series recordings can be found at:**  
<https://u.osu.edu/keepcalmccovid193/recorded-webinars/>



# Next Week

December 9, 2020 12:30 - 1:00 pm EDT

Beating the Blues with Exercise

Misty Harmon, MS

*Family and Consumer Sciences Educator*

*OSU Extension Perry County*

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