

Fighting the Winter Blues

As the days grow shorter and temperatures drop, many people find themselves experiencing the "winter blues." Known more formally as Seasonal Affective Disorder (SAD), this mood shift can lead to feelings of sadness, low energy, and difficulty concentrating. Fortunately, there are practical strategies to help counteract these feelings and maintain emotional and mental wellness throughout the colder months.

Seek Light: Sunlight plays a crucial role in mood regulation. Spend time outdoors, sit near windows, or use a light therapy lamp to boost your exposure to light and improve your mood.

Stay Active: Exercise releases endorphins, which can counteract feelings of sluggishness. Whether it's a walk, yoga, or a workout, staying active is a powerful way to lift your spirits.

Eat Well: A balanced diet rich in whole grains, lean proteins, and omega-3 fatty acids can support your mental health. Avoid excessive sugar and processed foods to keep your energy stable.

Stay Connected: Socializing is key to beating isolation. Make an effort to connect with friends and family in person or through calls or video chats. (And don't forget about NAMI Fox Valley's support groups, which are offered both in person and virtually!)

Practice Self-Care: Engage in activities you enjoy, such as reading or crafting, and try mindfulness practices like meditation. These can help you relax and stay positive.

By implementing these strategies, you can not only help fend off the winter blues but also nurture your overall well-being. Even the smallest steps can make a meaningful difference. Remember, you're not alone in this journey, and brighter days are ahead!

In This Issue

[Fighting the Winter Blues](#)

[Peer Education Classes Coming Up](#)

[Shop our Be Kind Store](#)

[New Support Group: Living with Addiction & Mental Health Challenges](#)

Upcoming

Hearts+Minds

5-Session Class

at NAMI Fox Valley

Mondays, Feb. 3-Mar. 3

6:00-8:00 PM

[REGISTER ONLINE](#)

Peer-to-Peer

8-Session Class

Virtual via Zoom

Tuesdays, Feb. 4-Mar. 25

6:00-8:30 PM

[REGISTER ONLINE](#)



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PEER EDUCATION CLASSES

COMING UP

PEER-TO-PEER

8-Session Class

FREE

Peer-to-Peer offers a relaxed, trusting, and safe environment for participants to learn about mental illness, strategies for self-care, healthy relationships, and positive coping skills.

This class is open to any adult who identifies as living with a mental health condition.

Date: Tuesdays, Feb. 4-Mar. 25

Time: 6:00-8:30 PM

Held virtually via Zoom

[Learn More & Register](#)

HEARTS+MINDS

5-Session Class

FREE

Hearts+Minds focuses on the relationship between mental health and physical health, emphasizing that the best possible mental health recovery requires attention to all aspects of your health.

This class is open to any adult who identifies as living with a mental health condition.

Date: Mondays, Feb. 3-Mar. 3

Time: 6:00-8:00 PM

Location: NAMI Fox Valley

[Learn More & Register](#)

Shop our *be kind* store!

All proceeds support our free mental health programs.

[Click Here to Shop!](#)



New Support Group: Living with Addiction & Mental Health Challenges

We're excited to introduce a new, free, peer-led support group at NAMI Fox Valley: Living with Addiction & Mental Health Challenges.

This group is open to any adult who is navigating the unique challenges of living with both a mental health condition and a substance use disorder or chemical dependency.

The group provides a safe, judgment-free space to connect with others who share similar experiences, offering understanding, encouragement, and hope.



3RD THURSDAY OF EACH MONTH



6:00–7:30 PM



NAMI FOX VALLEY

If you or someone you know could benefit from a supportive community to share and grow together, we invite you to join us. For more information on the group, please contact NAMI Fox Valley's Peer & Family Program Director, Vicki Rivera, at vicki@namifoxvalley.org or (920) 740-4565.

You're not alone—help and hope are here.



SAVE THE DATE!

SATURDAY, OCTOBER 4, 2025
FOX CITIES STADIUM, APPLETON

MENTAL HEALTH AWARENESS EVENT • FAMILY FRIENDLY • DOG FRIENDLY