

# Beating the Winter Blues



**Shorter days, less sunlight, colder weather, and increased isolation can all impact our mood. These seasonal shifts may lead to fatigue, sadness, or feeling disconnected. It's common, and support is available.**

As the seasons shift, it's normal to feel off. Whether you're dealing with stress, seasonal sadness, or just need someone to talk to, Solutions EAP is here for you.

**For more information on our services or to get set up with a counselor, reach out to us at 1-800-526-3485**



Solutions EAP provides free, short term, and confidential counseling for employees and their families.

