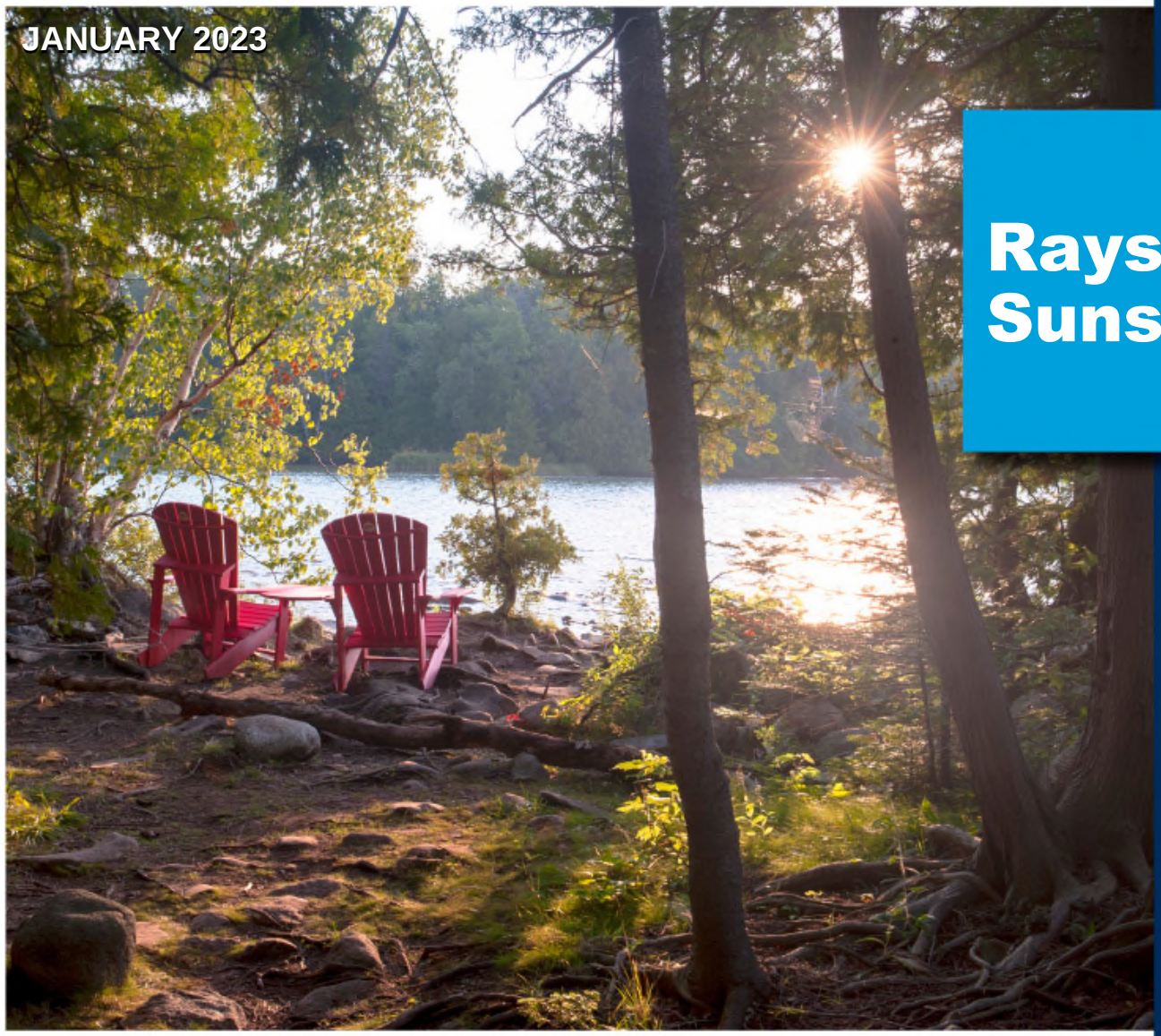
JANUARY 2023



Rays of Sunshine

ONLINE SEMINAR

Being in nature increases serotonin, which is responsible in boosting our mood and helps us feel calm. In this session, we will explore the benefits of getting outdoors as a part of your self-care routines.

LET US HELP

Visit your home page starting January 17th

WEBSITE: www.EAPHelplink.com

TOLL-FREE: 1.866.795.5701

COMPANY CODE: HCPS

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Kepro®

YOUR EMPLOYEE ASSISTANCE PROGRAM

Kepro | Employee Assistance Program

Get Outside to Beat Winter Blues



Shorter days, colder weather, and increased time spent indoors in the winter can lead to feelings of moodiness and depression. Even if you live in a warmer climate, you may still feel the effects of some sadness in the winter, especially after the holidays pass. Getting outdoors can improve your mood in these ways:

- Exposure to sunlight increases levels of serotonin, a mood booster
- Awakens the senses to help you feel more alert
- Fresh air can be rejuvenating and help clear away the cobwebs that are often experienced with “cabin fever”
- When combined with exercise, the endorphins produced can help improve mood

If you are noticing a pattern of feeling down every winter and it is impacting your daily functioning over a significant period of time, you might be experiencing Seasonal Affective Disorder (SAD). There are many effective treatment options. Contact your health care provider or arrange to meet with a counselor free of charge through your Employee Assistance Program. Contact Kepro at the number below to get started.

“Get Outside to Improve Your Mood This Winter”. Health Possible. Accessed November 27, 2022. https://www.healthpossible.org/2020/02/get-outside-to-improve-your-mood-this-winter/



Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

Toll-Free:	Website:	Code:
1.866.795.5701	www.EAPHelplink.com	HCPS

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