



Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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Adapting to the Change in Seasons

The shift from summer to fall can be refreshing but may also disrupt your routine.

As daylight hours shrink, many people notice changes in energy, mood, and motivation, often tied to reduced sunlight and colder weather. Symptoms can range from mild fatigue to deeper sadness, but small adjustments to your routine can help ease the transition and safeguard your well-being.

Why Seasonal Changes Hit Harder

Light plays a powerful role in regulating your body's internal rhythms. When days shorten, your circadian rhythm—the system that governs sleep and energy—can slip out of sync.

[Each fall, ending daylight saving time can trigger disrupted sleep, irritability, and low energy for many people.](#)

Additionally, colder weather can make it more challenging to stay active, a factor closely linked to mental health. Research confirms that physical activity and mood are deeply connected: when movement decreases, symptoms of depression often increase.

Signs the Shift Is Affecting You

Seasonal stress doesn't always appear dramatically. Sometimes it's subtle changes:

- Struggling to wake up in the morning despite a full night's rest
- Reaching for carb-heavy snacks more often than usual
- Losing motivation for hobbies or activities you usually enjoy
- Feeling “foggy” or less focused during the day



These signals may indicate that the seasonal transition is beginning to weigh on your mental health. Catching these patterns early makes it easier to establish supportive habits.

Practical Strategies to Stay Steady

You don't need to wait until winter feels overwhelming to make changes. Start with manageable steps.

Seek light strategically.

Open your blinds early, take short outdoor walks, or consider using light therapy if you live in a region with limited sunlight. Even a few minutes of exposure can help reset your internal clock.

Keep moving.

Regular movement, whether a brisk walk, yoga, or stretching indoors, protects mental health. Staying active is one of the strongest buffers against seasonal dips in energy and mood.

[You can lose more than 1,000 steps a day during darker, colder months, which is closely linked to higher depression symptoms.](#)

Prioritize routine.

Consistent sleep and mealtime schedules help regulate energy levels when daylight cues are inconsistent.

Build in anticipation.

Give yourself something to look forward to, whether it's a weekly coffee with a friend, a creative project, or a cozy evening ritual. Positive anticipation activates the brain's reward centers and can offset seasonal lows.

Stay connected.

Isolation tends to increase during colder months. Make an effort to check in with friends, coworkers, or family, even short calls or texts can make a difference.

What to Expect as You Adjust

It's normal to feel off-balance as the seasons change. For some, symptoms fade as the body adapts; for others, consistent strategies are key to managing energy and mood. If symptoms persist or worsen, consider additional support.

Small Shifts, Big Payoff

Pick one or two habits to put in place this fall, whether it's moving more, going outside earlier in the day, or setting a sleep schedule. Seasonal transitions don't have to derail your mental health. With intentional adjustments, you can maintain energy, clarity, and resilience throughout the colder months.



Wellness Works® Book Review | Master Your Emotions: A Guide to Regaining Control

Thibaut Meurisse's [*Master Your Emotions: Personal Workbook*](#) is a practical and encouraging companion for anyone looking to break free from cycles of stress, self-doubt, and negativity. With a straightforward approach and easy-to-follow exercises, Meurisse shows that managing emotions isn't just about "thinking positive," it's about understanding how feelings arise and learning to shift them in a healthier direction.

Highlights

Key Concepts

The heart of this workbook is simple but powerful, you are not at the mercy of your emotions. Meurisse breaks down how emotions work, what fuels negative patterns, and why certain habits keep us stuck. He teaches readers to recognize the thoughts, behaviors, and activities that drain their energy and mood, while introducing ways to replace them with choices that build resilience and optimism.

Practical Applications

This is not a book you just read, it's a book you do. Each section includes exercises designed to help you pause, reflect, and act differently in the moment. You'll learn how to identify and track emotional triggers, practice healthier responses, and gradually rewire your mindset toward balance. Whether you're struggling with stress at work, feelings of inadequacy, or simply want to feel more at ease, the workbook provides concrete tools that are both actionable and adaptable to daily life.

Impact

Master Your Emotions shifts the way we think about self-improvement by moving beyond abstract advice and into daily practice. Readers come away with insight and a set of personal strategies they can use whenever life feels overwhelming. The result is a greater sense of control, more confidence in navigating challenges, and the ability to create space for positivity and fulfillment.

The Final Word

If you've been feeling weighed down by stress or stuck in unhelpful thought patterns, *Master Your Emotions: Personal Workbook* offers a clear path forward. Meurisse blends encouragement with structure, reminding us that emotional mastery is not about perfection, it's about progress. This workbook gives readers the tools to stop reacting and start choosing how they want to feel, day after day.

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