

# MAINTAIN YOUR PERSONAL RESILIENCE THIS SEASON

**As fall descends, we may need to navigate through changes of routine, weather and less time spent with friends and family.**

Often, people feel sadness, fatigue and irritable during these months. These feelings are completely normal. Here are some tips below prepared by the psychotherapists and counsellors at Shalem to help maintain your personal resilience this season:



**Stay connected with family, friends and your community.**



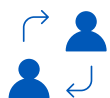
**Maintain your affirmations and faith practices.**



**Spend as much as possible outside - enjoy the outdoors!**



**Determine what you can and cannot change. Change what you can.**



**Try to be flexible and adaptable.**



**Have a sense of humour. Laugh!**



**Maintain healthy eating habits, a good sleep routine and exercise.**



**Know your strengths and skills.**

Most people have days that are up and down. Speak to your doctor or counsellor if you notice: you are feeling down for a long period of time, you feel unmotivated, cannot get your usual tasks done, you are sleeping and/or eating a lot more or less than usual and/or you are using alcohol or other substances more than usual.



**shalem**  
Mental Health Network

Shalem Mental Health Network, 875 Main St E, Hamilton, ON L8M 1M2  
P: 866.347.0041 E: office@shalemnetwork.org CR: 13056 6011 RR0001