

# Understanding November Blues: What to Look Out For

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As November settles in, you might notice a shift in how you feel. The colder weather and shorter days can drain your energy and make even simple tasks feel more daunting. If you're finding it harder to stay motivated or feeling more tired than usual, you're not alone - this is what many call the "November Blues."

This mid-semester challenge hits when multiple pressures come together - darker mornings make it harder to wake up, early sunsets limit your exposure to natural light, academic stress accumulates, and the finish line of winter break still feels far away. Your body and mind are responding to real environmental and academic changes, not weakness or failure. The good news? Understanding what's happening is the first step, and there are ways to take back control and build resilience during this challenging season.

## How Students Are Impacted

The November Blues can affect students in various ways:

- Academic Performance: Decreased motivation leads to procrastination, difficulty concentrating, and declining grades
- Energy Levels: Students feel physically and mentally drained, struggling to get out of bed or complete daily tasks
- Social Withdrawal: The desire to isolate increases, leading to missed social opportunities and weakened support networks
- Mood Changes: Feelings of sadness, irritability, or hopelessness become more frequent
- Reduced Sunlight Exposure: Shorter days mean less vitamin D and disrupted circadian rhythms, affecting sleep and mood

## 5 Ways to Combat November Blues

### 1. Take Regular Walks

Getting outside, even for just 15-20 minutes, can make a significant difference. Morning or

midday walks help you absorb natural sunlight, boost your mood, and break up long study sessions. Fresh air and movement release endorphins that naturally combat stress and low energy.

## 2. Open Your Windows

Let natural light flood your study space and room. Even on cloudy days, natural light is brighter than artificial lighting and helps regulate your body's internal clock. Practice Meditation and breathing exercises. Fresh air circulation also improves focus and reduces that stuffy, trapped feeling.

## 3. Practice Journal Writing

Take 10 minutes each day to acknowledge and process your feelings through writing. Don't shadow yourself - write about your frustrations, worries, gratitude, or goals. Journaling helps ease overwhelming thoughts and gain perspective on what you're experiencing.

## 4. Strengthen Peer Connections

Reach out to classmates, roommates, or friends - even when you don't feel like it. Schedule study groups, coffee dates, or simple check-ins. Consider visiting the [Peer-to-Peer Student Lounge](#) or student support groups on campus where you can connect with others in a welcoming, judgment-free environment. Remember that others are likely experiencing similar feelings, and sharing your struggles can lighten the load for everyone

## 5. Prioritize Socialization

Make time for activities you enjoy, whether it's joining a club meeting, attending campus events, or having a games night. Social interaction provides emotional support, distraction from stress, and reminds you that there's life beyond academics.

### **Connect with Support:**

You don't have to navigate November Blues alone. Consider visiting the [Peer-to-Peer Student Lounge](#) or other student support groups on campus. These spaces offer more than just resources - they provide connection, understanding, and a reminder that others are going through similar experiences. Sometimes just being in a welcoming, non-judgmental environment with peers who get it can make all the difference. These lounges offer activities, support, and a place to relax without pressure.

Join us for upcoming Peer-2-Peer lounge focused to battle November blues:

- November 24 at Seneca@York Campus (S1161, 11 a.m.-12:30 p.m.) - November Blues & Wellness Identity - Create your own mood journal and learn strategies to battle seasonal mood changes, in collaboration with Consent@Seneca
- November 26 at Newnham Campus (Room D2014, 12:00 p.m.-1:30 p.m.) - November Blues and How to Battle Mood Changes - Create your own mood journal and learn strategies to battle seasonal mood changes, in collaboration with Consent@Seneca.

Check the [Student Life Calendar](#) for upcoming events and lounge schedules.

**Remember:**

November Blues are temporary. By taking small, consistent steps to care for your mental wellness and physical health, you can navigate this challenging time successfully. Don't hesitate to reach out to campus [Counseling Services](#) if you're struggling - they're there to support you through difficult periods like this.

You've got this!

*Written by Jaishnav Prasad, Student Services Ambassador*

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