



# Rise Wellness Check- In

**Refocus. Reset. Rise**

**December 2025**

December has a way of settling into our mood. The darker mornings and early evenings can leave us feeling slower, quieter, or not quite ourselves. Some days feel warm and grounded; others feel heavy or drained. All of it is valid, but your mental health deserves care. Give yourself a moment to pause, breathe, and soften. A small act, seeking sunlight, practicing stillness, or checking in with your emotions, can gently support your mind, body, and spirit through the season.

## 5 Gentle Reminders for October

- **Protect Your Mood.** Notice what lifts your spirits and limit what pulls you downward.
- **Seek the light.** Morning sunlight or a light therapy lamp can steady your energy.
- **Honor Your Rest.** Lean into the slower pace of winter and let your body recharge.
- **Nourish Your Mind.** Small routines like journaling, deep breathing, or quiet reflection help create calm.
- **Stay Connected.** Reach out to someone you care about; connection heals.

Seasonal changes can bring moments of comfort, but they can also stir up fatigue, low mood, or extra stress. If you notice your emotions shifting or your energy dipping, you do not have to push through alone. Checking in early is a simple way to care for your mental health. At Rise Wellness, support is here whenever you are.

**Rise Wellness**

  
Dr. Nyla