

Scaring Away the September Scaries



Postcard to Toolbox



1. THE DOPAMINE CRASH

Make a special lunch one day a week.

Make an unplanned stop on the way home to pause.

Think “impromptu.”



2. THE SEROTONIN DIP

Get out in the daylight for a period every day and take some deep breaths.

Swap harsh indoor lighting for warm desk lamps.

Keep one casual, low-stakes outdoor meetup with a neighbor or friend.



3. THE CIRCADIAN SHIFT

Catch early morning daylight within an hour of waking.

Start dimming indoor lights by 7:00 PM to let your natural rhythm catch up.



4. TEMPORAL PROCESSING

Shrink the calendar horizon: stop staring down 40 weeks of structure.

Drop your focus entirely back to the next 48 hours with an analog morning ritual.