

## Autumn and winter time



Autumn has a very deep meaning for the human being, autumn is more than a change of climate. Autumn is sowing; the patience is enhanced, the stillness, it is dispossession, detachment, transparency, the leaves fall, and the forest fills with light. In the human being, the ability to let go is awakened, to let go and renew, to return to the earth, to the essence. When words are no more, desires stop, expectations stop, and the soul becomes transparent, it becomes free.

The winter solstice is the opportunity to tune into the nature of death-rebirth, transformation. Death that is necessary to grow and get rid of old bonds; to die it is necessary to surrender, to let go and to empty oneself. To stop clinging to the past and the future to live in the present.

### **How the change of season affects Mental Health:**

This topic is quite complex, and we will review some of the relevant aspects to provide prevention and coping strategies.

There are some potential effects of climate change on mental health that you need to know.

### **At the level of emotions:**

Called Seasonal Affective Disorder, it is triggered by the brain's response to decreased natural light, it has been linked to hormones and brain neurotransmitters such as melatonin and serotonin, which help to regulate the sleep-alert cycles, the energy and mood.

In autumn and winter, hours of darkness increase and can cause an increase in melatonin levels and a decrease in serotonin levels, enhancing biological conditions that favor emotional imbalance.

Data from NASA's Global Climate Change program show how climate influences the behavior of plants, animals and humans. The effects of the seasons on mental health include:

- People experience intense sensations and emotions, or low moods.
- Increased risk of PTSD (Posttraumatic Stress Disorder) before the difficulties of life.
- The ability to achieve and the meaning of life can be weakened.
- Increases the risk of anxiety and depression.
- Possible loss of personal and professional identity.
- Crises that affect interpersonal relationships may occur.
- Feeling of helplessness or fatalism, decreased self-control.
- Increase in situational stress levels.

Climate changes affect mental and physical health and can weaken the immune system. Also favor the abuse of alcohol and psychoactive substances among others. According to The Medical Center of the University of Rochester.

Having this panorama of possible affections of the emotional, physical and mental state, we are going to make some suggestions to generate adaptive behaviors and make adjustments in the lifestyle that favor the quality of life and the enjoyment of this time of autumn and winter.

It is necessary to help our body renew and adapt to find the natural balance that protects our well-being, to keep the body nourished, hydrated, warm and achieve stability. Also adapt to the environment that surrounds us.

You can sleep a little more than in the summer, because it dawns later, you can take advantage to meditate and perform a self-massage.

It is recommended to increase the consumption of proteins, fats and carbohydrates in moderation, you can enjoy the sweet taste, the golden milk that is prepared with turmeric, ginger and honey, the chai that carries milk, ginger, cinnamon and nutmeg, you can use milk from Almonds, coconut or whatever you prefer.

We have other essential foods for this time, nuts like walnuts, chestnuts and almonds, whole grains, are a good fuel for the body and favor the elimination. Among the recommended cereals are: oats, millet, brown rice, barley, soy, which is one of the most complete vegetable proteins, among others. Other foods such as legumes, beans, lentils, chickpeas, beans and sesame seeds, chia, quinoa, amaranth among others.

All these foods can be eaten alone or in salads, complemented with fish and seaweed, or the protein you want, they can be cooked and can be made sprouts, hummus or cheese like tofu which is made of soybeans, almonds, among others. The salty taste is the one that predominates in autumn and winter.

To maintain energy and heat, we can drink infusions or roots, herbs such as ginger, cloves, cinnamon, cardamom, pepper, or the one you prefer, accompanied with natural honey, organic panela, maple and other honey options.

Practice Thai-Chi, Yoga or other activity that favors flexibility, stretching, agility, endurance, coordinated and harmonious movements, activities that help to release tension, that favor relaxation and the balance of emotions. Everything that increases strength and vitality. We can walk in the snow and ski among other activities.

As a conclusion, in addition to taking into account these suggestions, remember that thought is powerful, and we need to channel the positive, program ourselves to enjoy the autumn and winter with all its beauty and fullness.

All the stations have a deep meaning for people, and each change is the opportunity to start over again, to let go of what no longer allows us to grow, there is a permanent challenge to be adapting to the changing nature and to find the meaning of each moment and the strength to enjoy the beauty that Life offers to us at every moment.

For people who have never lived autumn and winter, because they live in tropical areas, where the sun is always present, adaptation can be difficult; however, the experience can be exciting, since the beauty of the autumn colors, the perfume of the earth flavored with flowers, and the magic of the white of the a snow favors adaptation.

In the spiritual field this moment is perfect to reflect on our goals, achievements, it is the opportunity to study something new, also to strengthen family ties in the light of a campfire, a hot chocolate, watch good movies, read books that enrich us and sleep.

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