

# Changing Seasons...



## Changing Times

### Participant Journal

Compiled & Written by Rev. Kimberly Weir

## Quotes about Change

1. "I am no longer accepting the things I cannot change. I am changing the things I cannot accept." — Angela Y. Davis
2. "Words are where most change begins." — Brandon Sanderson
3. "In any given moment we have two options: to step forward into growth or step back into safety." — Abraham Maslow
4. "Education is the most powerful weapon which you can use to change the world." — Nelson Mandela
5. "Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." — Margaret Mead
6. "Only I can change my life. No one can do it for me." — Carol Burnett
7. "You will find that it is necessary to let things go; simply for the reason that they are heavy." — C. Joybell C.
8. "We must be willing to let go of the life we planned so as to have the life that is waiting for us." — Joseph Campbell
9. "Grief does not change you, Hazel. It reveals you." — John Green, "The Fault in Our Stars"
10. "Time may change me, but I can't trace time." — David Bowie, "Changes"
11. "Change the way you look at things and the things you look at change." — Wayne W. Dyer
12. "It's not about standing still and becoming safe. If anybody wants to keep creating they have to be about change." — Miles Davis
13. "Some of us think holding on makes us strong but sometimes it is letting go" — Hermann Hesse
14. "Not everything that is faced can be changed, but nothing can be changed until it is faced." — James Baldwin
15. "Intelligence is the ability to adapt to change." — Stephen Hawking
16. "Those who cannot change their minds cannot change anything." — George Bernard Shaw

17. "Not everything that is faced can be changed, but nothing can be changed until it is faced." — James Baldwin
18. "Intelligence is the ability to adapt to change." — Stephen Hawking
19. "Those who cannot change their minds cannot change anything." — George Bernard Shaw
20. "Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong." — Mandy Hale

## Changes to our bodies and minds as the seasons change:

Skin changes - Cooler weather affects us physically, specifically our skin. "This means that every seasonal shift and change in weather acts like a shock to the system, disrupting the typical chemical balance of our skin and causing dryness and sometimes severe acne."

Suggestions:

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Weight gain – "during the seasonal change between late summer and early fall, our bodies increase their insulin resistance. This causes our livers to increase fat production so that we can store fat in our tissues and be better prepared for the winter."

Suggestions:

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Sleep increase - You may feel sleepier during the day due to an increased release in melatonin. A study found in the Journal of Psychosomatic Research shows that people on average sleep three more hours a day in the month of October than any other month.

Suggestions:

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Emotional changes –Seasonal Affective Disorder (SAD) is depression that is based on the seasons and is more common in winter months. This is often related to the fact there is less light during day as the days get "shorter." We also "fall back" with daylight savings time. This increased darkness during our waking hours can affect our mood. You may feel sleepier during the day due to an increased release in melatonin. The other reasons SAD is more often found in winter months is due to the stress of obligations and the often difficult emotions of the holidays.

Suggestions:

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Things in our world are constantly changing. What are some of the changes you have been dealing with recently?

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What changes in your emotions do you usually feel this time of year? (think of at least one good thing and one bad thing) Is this year different in any way?

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What are some good things you are looking forward to?

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From “5 Ways the Change of Seasons Might Affect Your Mental Health”  
Psychology Today

Managing [Stress](#) as the Season Changes

Stress is not an inevitability of seasonal changes. It's a product of the way many of us choose to live. This means it's changeable. For people overwhelmed by seasonal affective disorder, painful stress, or family conflict, therapy can be a powerful ally. Medication may also help, particularly when minor stress turns into major depression. Some other strategies that can help you make it through:

- Making a list of priorities for the season. Don't give into pressure. Do the things you really enjoy and forget about the rest.
- Getting access to plenty of natural light by spending some time outside or sitting under a sun lamp.
- Maintaining a regular schedule, even when cold temperatures tempt you to sleep in.
- Starting your own family traditions, particularly if you have a conflict with your family of origin.
- Taking care of your body. Exercise at least 30 minutes a day, at least five days per week. Eat plenty of healthy foods and get enough sleep.

<https://www.psychologytoday.com/us/blog/when-your-adult-child-breaks-your-heart/201710/5-ways-the-change-seasons-might-affect-your?msockid=2cae1e43767469671e690edd774f68be>

Even if every seasonal change in years past has been difficult for you, this one can be better. Take time to protect your mental health and watch the transition to autumn and winter become your favorite time of year.

What is one thing you can do over the holidays to cope with change?

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Closing: What is one hope you have for the world around you and for yourself for the new year? (Feel free to write and/or draw your hope!)

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