

Feeling tired or low this Autumn?

Here's 6 mental
health tips to
help you with the
seasonal slump





What is Autumn fatigue?

It's common to feel more **tired and low** in mood during Autumn

Shorter days, less sunlight, and colder weather all affect our energy levels and wellbeing

Why do we feel more tired in Autumn?

Less daylight disrupts your body clock and reduces serotonin (the feel-good chemical)

More melatonin is produced, making you feel sleepy earlier

Vitamin D levels also drop, which can affect mood and energy



What to look out for

Common signs of Autumn fatigue include:

- **Feeling sluggish** or low
- **Sleeping more** but still tired
- **Craving carbs** or comfort foods
- **Withdrawing** from social activities
- **Difficulty concentrating**

**If these signs sound familiar, don't worry,
the next few tips might help**

Tip 1: Maximise daylight

**Get outside every day,
especially in the morning**

Natural light helps regulate
your sleep-wake cycle and
boosts mood



Tip 2: Stay active

**Exercise releases endorphins
and improves circulation**

Even light movement like
walking or yoga can help
fight fatigue



Tip 3: Eat well and hydrate

Choose seasonal fruits,
vegetables, wholegrains and
lean proteins like chicken, fish,
chickpeas and eggs

Drink water
regularly, even in
colder weather



Tip 4: Prioritise sleep

**Stick to a regular
sleep schedule**

Avoid screens before bed
and create a calming
bedtime routine



Tip 5: Reframe your mindset

**Embrace Autumn's positives:
cosy routines, seasonal foods,
and reflection time**

Mindfulness and self-compassion go a long way to support your mental wellbeing



Tip 6: Be mindful of stimulants

**Limit high-sugar foods
and caffeine**

They may give short bursts of
energy but often lead to
sharp crashes later



Don't leaf your wellbeing behind this Autumn

**If your symptoms stick
around for more than a
few weeks, speak to a GP or
mental health professional**

**Read the full
Autumnal Fatigue Guide
on the Cygnet website**

