

Darkness & Mood in December

You hit **snooze** one more time.
Your **energy dips**.
You feel “**off**” but can’t explain why.

When the days get darker, your mood can shift too, and that’s completely natural. But here’s the good news: small changes in your day can make a big difference. This guide is here to help you feel more energised this season.

How darkness affects you

Take a moment

Have you noticed changes in your sleep, focus or mood lately? You're not alone, and your body might just be responding to the season.

Less sunlight means your body makes **more melatonin** (which makes you **sleepy**) and **less serotonin** (which affects your **mood**). This shift can mess with your sleep, drain your energy, and make it harder to feel upbeat - even if nothing else has changed.

It's not just in your head. It's in your biology.

What you can do today

Morning light = mood fuel

Even on grey days, your brain responds to daylight. No blue skies needed, just get your eyes exposed to outdoor light before 10:00 am.

Flip the script on darkness

Short days don't mean doing less; they mean doing things differently. Let nightfall trigger something good: a ritual, a reset, a small joy.

Act like it's sunny

Open the curtains. Sit tall. Walk like you've got energy, even if you don't. Your brain mirrors your body's signals.

Catch one daily spark

No long journaling required. Just one thing that felt good: a smile, a moment, a sound. Your attention will start looking for more.

A brighter season is coming

Want to talk about how you're feeling?

Plan a moment with a certified psychologist from OpenUp.