



## Moving Through the End-of-Summer Blues

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As Labor Day approaches, many people experience the end-of-summer blues. Changes in weather, such as cooler temperatures and reduced sunlight, are associated with biological changes that affect our mood and overall well-being. For some, especially students and those working in schools or universities, this time of year also brings changes to schedules and social routines. There might be a sense of loss or sadness for those who love summer and the activities that come with it. If you find yourself feeling this way, here are a few tips that can help you move through the end-of-summer blues.

- **Plan something you enjoy to celebrate the end of summer.** Like you do with holidays and other meaningful occasions, create personal or family traditions that help make this time of year special. Try spending a late summer day at the beach, putting together a scrapbook of your summer adventures, or making a special meal from some late-summer fruits and vegetables.
- **Keep getting sunlight.** As days become shorter, it helps to soak up any opportunity to be in the sunshine. Think of ways to continue spending time outside as fall arrives, whether it is eating lunch outside on a nice day or adding a walk. A few minutes of sunlight can have a big impact!
- **Plan ahead for changes in your daily routine.** What's the easiest way for you to manage each day? Some people benefit from a visual schedule posted on the fridge or other central location. If you'll have a busier morning routine in the fall, it might help to pack lunches and bookbags the night before. If after-school or after-work time is stressful for you or your family, think ahead about when is the best time for homework, snacks, breaks, and getting ready for bed. You can always adjust the plan later if needed.
- **Make sleep a priority.** Start getting the household into a consistent sleep schedule in the weeks leading up to the fall transition. Consider what time everyone needs to be in bed so they can get enough sleep each night. This is important for people of all ages because adequate sleep is crucial to ensure physical and mental health, as well as concentration and alertness during the school/work day.

- **Think about what you enjoy about fall and embrace it!** Instead of trying to fight against the change of seasons, practice embracing the shift. Refocus your thoughts to aspects of fall and winter that you enjoy, such as cooler weather, being cozier at home, different sports options, and spending time with loved ones over the holidays. Mindfulness practices, such as meditation or yoga, can help build your ability to accept changes and “go with the flow.”
- **Set some fall goals for yourself.** During periods of transition, it’s not uncommon to feel down or overwhelmed. Setting goals for the future may help to shift your attention to something that excites or motivates you, while also providing a sense of control. Maybe you want to reconnect with friends you haven’t seen over the summer, join a book club, or start eating in a healthier way. A helpful tip is to write goals down and break larger goals into smaller, more manageable ones.

Remember that if you or someone in your family seems to be struggling more than expected or experiencing significant feelings of sadness or anxiety, help is available. You can find the name of a qualified psychologist in Pennsylvania by using our [Psychologist Locator](#). If you need immediate assistance, please dial 988 for the Suicide and Crisis Lifeline.

*Talk to someone who can help! To find a licensed psychologist near you, use PPA’s Psychologist Locator at <https://www.papsy.org/locator>. For information on other mental health topics, go to <https://www.papsy.org>, then “Resources” and then “Public Resources”. PPA offers these articles for informational purposes only; they are not a substitute for professional diagnosis and treatment.*