

# Winter Wellness

We hope you all had a positive experience with Term 1 and continue the trajectory as we proceed into the Winter months of the year. As this season approaches, we want to address a few items that affect our family systems, which are the foundation for our student's health, well-being, and academic achievement.

The Winter season brings colder, darker, and long months. For many people, the changes may be unnoticeable. For others, this time of the year presents challenges. Physical changes in mood, low energy, and alterations in sleep are commonly observed. We encourage you to engage in self-care, such as:

- Exposure to sunlight,
- Healthy diet,
- Proper sleep hygiene, and
- Sufficient exercise.

Although holiday and family gatherings are a joyful experience for many people, this may not be the case for everybody. If your student is experiencing mental health concerns or if you are unsure how to obtain help, please reach out to SAFEUT (<https://safeut.med.utah.edu>), with a 24/7 crisis chat system that students can access through their app or website. You can also use public resources such as the National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or text "TALK" to 741741 to consult a trained crisis counselor. Always call 911 for emergency services.

We look forward to continuing to build a robust and uplifting community. Thank you for all that you do!

Most Sincerely,  
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