



The Balancing Act of Seasonal Change

Small, steady ways to care for yourself and your people as the days grow shorter.



Hello friend,

Today is the first day of fall. The light is changing. Mornings start a little darker, the camp gear is packed away, and the calendar is filling up again. Many of us feel this season in our sleep, mood, and energy before we can put words to it.

So let me ask: **how are you adjusting?** I hope something here helps you through this seasonal shift.

How shorter days affect sleep, mood, and energy

DAYLIGHT IN THE TWIN CITIES, 2026

June 21
summer solstice



Sept 22
first day of fall



Nov 1
clocks fall back



Dec 21
longest night



By December the Twin Cities have almost 7 fewer hours of daylight than in June.



Sleep

Light sets your body clock. With less of it, mornings can feel heavier.



Mood

About 1 in 10 people in northern states feel a seasonal low.



Energy

Sleeping longer and wanting to stay in are common fall signals.



Clocks fall back Sunday, November 1.

Sunset moves to about 5:00 p.m. Plan for daylight in the morning and at midday.

Easing into the school year

87% of parents say back-to-school season brings stress or anxiety. If you feel it too, most parents are right there with you.

BEDTIME, IN 15-MINUTE STEPS



Adjust bedtime and morning routines 15 minutes earlier each day.

SLEEP EACH NIGHT

Ages 6 to 12	9 to 12 hours
Ages 13 to 17	8 to 10 hours
Adults	7 or more hours

SMALL ROUTINES THAT HELP

- Screens off 30 to 60 minutes before bed.
- Family meals three times a week. Breakfast counts.
- Caring for others too? Your rest belongs in the plan.

Four small anchors for a grounded day

Each one takes ten minutes or less. Choose one to start.



Morning light

Open the blinds or step outside within an hour of waking.

Light is your body clock's strongest cue.



Ten minutes outside or by a window indoors

Sit on a bench and watch the leaves turn.

Time in nature is linked to lower stress and better mood (2020 review).



A real break

Stand, stretch, and refill your tea. Step aside from a focused activity.

Short breaks raise energy and ease fatigue.



One real connection

A call, a coffee, or a walk with someone who knows you.

Strong ties are linked to longer lives.

One season, one habit

A new habit takes about 66 days, on average, to feel automatic, and a missed day leaves your progress in place. Start one anchor this week and let the season carry it.



Sept 22

First day of fall
Start one anchor



Nov 1

Clocks fall back
Keep going



Nov 27

About 66 days
It starts to feel natural



Dec 21

Longest night
Daylight begins to return

Your check-in this week

Three questions, in the rhythm of my Nurturing Strategies Framework™.

DETECT What is shifting for you this season, in your body, your home, or your work?

ALIGN What do you most want to protect in the weeks ahead: your rest, your time, or your energy?

APPLY Which of the four anchors will you start this week?

Be gentle with yourself



Seasonal dips are common. If low mood stays for days, or the things that usually bring you joy start to feel heavy, please talk with your healthcare provider. In a crisis, call or text 988 any time.

I would love to hear which anchor you choose. ✉ [Write to me anytime.](#)

With warmth, *Rohinie*

Sources: American Academy of Sleep Medicine; Mayo Clinic; National Institute of Mental Health; American Psychiatric Association; University of Minnesota; CDC; American Academy of Pediatrics; Harris Poll for Understood.org (2023); Ohio State University (2024); PLOS ONE (2022); Cornell University (2020); einstein (2023); Lally et al. (2010); Holt-Lunstad et al., PLOS Medicine (2010). Daylight figures calculated for Minneapolis. General wellness information; your healthcare provider is your guide for medical care.