

OZIEL GRAND CHAPTER NEWSLETTER



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Happy Thanksgiving

As the world around us begins to light up with festive colors, gatherings, and messages of cheer, not everyone feels in step with the season. For many, the colder months bring more than just snow and celebration—they also bring a deep, quiet struggle: Seasonal Affective Disorder (SAD), or what many refer to as seasonal depression. Seasonal Affective Disorder can be intensified during the holidays due to disrupted routines, social pressures, and reduced daylight—reminding us that mental health needs don't pause for holidays.



If you're navigating seasonal depression during this time, you're not alone. Therapy, medication, support groups, and simple daily routines can help ease the weight. And sometimes, just knowing you're not broken, that your brain is reacting to real environmental changes, can offer a small measure of relief. Remember not all healing looks festive. Not all strength is loud. And not all gratitude wears a smile. Sometimes, surviving the season is something to be proud of, too.

We'd Love to Hear From You!

We invite you to share your stories, recipes, and wellness tips for future newsletters. Your contributions help us grow stronger together. Please send your submissions to Sis. Erika Bennett at healthfirst@ogcoespha.org. Let's continue to support and inspire one another on this journey of health and wellness. Stay healthy and empowered!