

Tips on How to Manage the Dark Season

TALENT COASTLINE EMPLOYMENT PROJECT

www.talentcoastlineemployment.fi

V A S A .
V A S A .



Leverage from
the EU
2014–2020



Tips on How to Manage the Dark Season

Program 25.10.2022

- 17.00** **Welcome**
- 17.05** **Ways to promote your own wellbeing**
Elina Pajunen, Psychotherapist, Therapy Center Avara
- 17.50** **Strengthen your mind with ACT-practices**
Elina Viitasaari, Special Adviser,
Ostrobothnian Crisis Center Valo
- 18.05** **Personal experiences: Ivonne Carlos & Melissa Ferrari**
General tips on winter in Finland
- 18.35** **Relaxation exercise**
Pauliina Haavisto, HR planner, City of Vaasa



VERY
FINNISH
PROBLEMS



**SWEDES CALL IT
THE SNOW CANNON**

**GERMANS CALL IT THE
"BEAST FROM THE EAST"**



**DUTCH CALL IT
"THE SIBERIAN BEAR"**

**FINNS CALL IT
WEDNESDAY**

**WHEN YOU TELL YOUR CHILD
IT'S BEDTIME...**



VERY
FINNISH
PROBLEMS

...AND IT'S ONLY 3.27 PM

Amount of light

After a summer full of daylight, the days are getting shorter with darker mornings and evenings.

Be positive!

This is something all of us have to adjust to every year, also we who have lived here all our lives.

You will manage!

VERY
FINNISH
PROBLEMS



A FINNISH RAINBOW

In Finland, we have Black Friday, too.

Every Friday from October to March.

How to cope?

If possible, go outside during the day to benefit from the natural daylight.

Try a bright light lamp.

Keep up hobbies you have or find new interesting things to do → eg. your local library (book clubs) or adult education center (many kinds of evening courses at Alma) are usually good places to start, different sports clubs for physical exercise.

Continue meeting friends; spend time together → eg. preparing meals, playing board games, sauna etc.

Make sure you have everything you need for a cosy night at home; it's quite ok not to be very active all the time so get relaxed with the help of candles, warm socks and blankets, something warm to drink (try glögi!) etc.



What to wear?

Use many layers of clothing: that way you can add/remove layers of clothing when going outdoors or coming indoors.

The layer closest to your body, is recommended to be wool or some other natural material. Also many technical undergarments work well as the first layer.

Invest in a good jacket and proper winter shoes. Keep in mind that if it's windy, the weather will feel many degrees colder than the thermometer indicates. So a wind and waterproof jacket will keep you warm and shoes with a good grip for icy conditions will keep you on your feet!

Use gloves or mittens and some kind of headwear.

Please remember to use a **REFLECTOR**! There are many kinds of small reflectors to attach to your bag or clothing, but also reflective gloves, hats, jackets and vests are very handy.



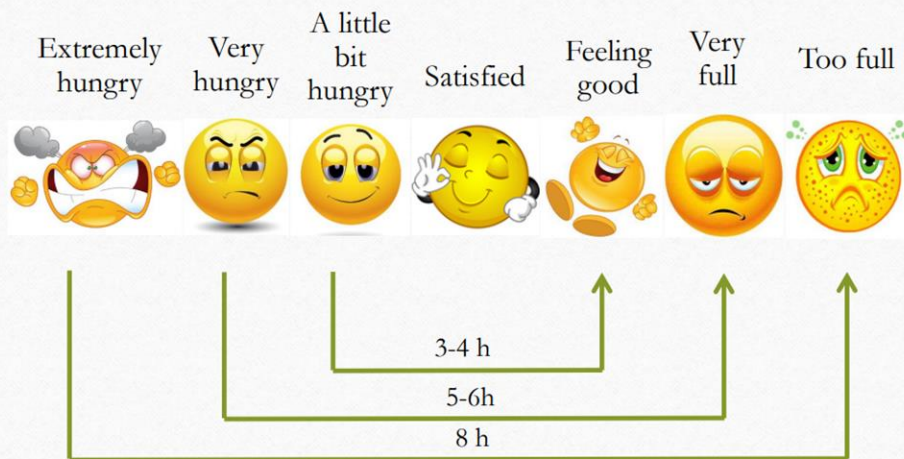
The importance of nutrition

Focus on the ingredients in your diet and try to eat regularly.

A 10 ug vitamin-D supplementation per day is recommended to all.

Katarina Mäkynen, licensed dietitian 11/2021

Eat regularly and you feel better



Variaty and colors on the plate





More tips on what to do...

Information on events in the Ostrobothnia region:

events.osterbotten.fi/en/events

vaasa.fi/en/events/

[the Vaasa Welcome Office Newsletter](#)



Visit low threshold service points for questions concerning your day to day living: **Welcome Offices** in [Vaasa](#), [Närpes](#), [Korsholm](#), [Kokkola](#), Integrationsporten in [Jakobstad](#), [International House Turku](#).

Relaxation exercises [Virtual Forest Walks](#) for each Season by MIELI, Mental Health Finland. Also exercises on mindfulness and relaxation (in Finnish).

Sunday walking – every Sunday at 10 a 10 km walk from the market square in Vaasa, arranged by Vaasan kävelyklubi.

Get involved in volunteer work in different organisations in Vaasa eg. Finnish Red Cross, Vaasa Food Aid, Culture Services at the City of Vaasa, Culture venue Ritz, Evangelical Lutheran Church, Folkhälsan ([Possibilities to do Voluntary Work in Vaasa - 02/22](#))





Follow the City of Vaasa!



[@Vaasavasa](#)



[@Vaasankaupunki](#)



[@Vaasavasa](#)

V A A S A .
V A S A .

Have a safe & enjoyable
autumn and winter!

Kiitos – Tack – Thank you

RITVA MERTANIEMI

ritva.mertaniemi@vaasa.fi

MINNA HERMANSON

minna.hermanson@vaasa.fi

V A A S A .
V A S A .



Leverage from
the EU
2014–2020

