



ISSN 2753-2771

Epsom therapist seeks to lift our moods in gloomy weather

8 February 2026



It feels like Epsom has hardly seen the sun lately, making winter feel longer and delaying the arrival of spring. This kind of dullness is often described as "typical British weather", but at the time of writing some parts of the UK have seen rain fall every single day of the year so far.

When daylight is limited and the rain never seems to stop, it is entirely normal to feel low, tired, or less motivated than usual. The good news is that there are some simple, evidence-based steps that can help support your mood, even when the weather is working against you.

Here, Mark from Mind & Meaning Therapy shares three proven mental health tips to help give your mood a boost.

A small social check-in each day

We are social creatures, and even small social connections can improve our mood. These do not need to be big events or require a lot of energy. Simple ways to stay socially connected include sending a text to a friend, scheduling a short phone call, or asking someone to meet for a drink.

These small check-ins can significantly increase feelings of connection. Research shows that regular positive social interactions are linked to better mood, greater life satisfaction, and lower levels of stress.

Get outside and get some natural light

Even on grey days, daylight is far stronger than indoor lighting. Try to dodge the showers and get outside for 10-20 minutes once a day. A walk to the shops or a quick loop around the park is enough to help.

Natural light helps regulate the body clock, which in turn supports both mood and sleep. Studies have found that people who spend more time in daylight during the winter months are less likely to report depressive symptoms than those who remain indoors with low light exposure.

Do one thing to improve your sleep

Sleep and mood are closely linked, and improving sleep can make a noticeable difference to how you feel emotionally. Simple, proven steps include going to bed and waking up at roughly the same time each day, reducing smartphone use before bedtime (for example by leaving your phone in another room), keeping the bedroom cool while ensuring a warm bed, avoiding caffeine late in the afternoon, and leaving an hour or two between your last alcoholic drink and bedtime.

Better sleep helps the brain regulate emotions and reduces stress, making it easier to cope with everyday ups and downs.

What to do if low mood is persistent

If your mental health feels poor over a longer period, or if everyday life feels unusually overwhelming, speaking to a mental health professional can help. Support can make a real difference.

You can contact Mark at Mind & Meaning Therapy in Epsom to explore what may be behind how you are feeling and to find support that suits you.

Mind & Meaning - Therapy in Epsom & Online

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