

Bad Weather, Bad Mood?

The *lack of sunlight* and the onset of cold weather often spread chaos amongst the masses. In cities, people seem noticeably more uneasy, frustrated, and irritable when it's raining, snowing, or just bitterly cold outside.

Weather's Impact on Mood

Sunlight is more than just a physical comfort—it's a natural mood enhancer. Without it, people tend to feel drained, restless, and, yes, more prone to irritability. We're drawn to the warmth of the sun, both physically and mentally.

“People seem much more uneasy, angry, and easily irritable when it's raining, snowing, or cold outside.”

Finding Balance in Gloomy Weather

While we can't control the weather, we *can* adapt to it by embracing simple practices like seeking natural light when possible, moving our bodies to generate warmth, and finding calm in the chaos. When the weather's dreary, balance your inner world—don't let the clouds take your energy with them.

Every day brings a chance to find clarity, even if the sun is hidden.