

Health hints

& WELLNESS ways

4 Tips for Beating the WINTER BLUES

Many people feel sad, irritated, or less energetic during the winter months, especially with the cold, short days. Here are a few tips to help you beat the "Winter Blues."

1) FIND THE LIGHT

Winter can be dark and dreary with its short days. That's why it is helpful to go outside early in the morning and soak up the natural sunlight!

Too cold to go outside?

Even turning on more lights and lamps around your house can help improve your mood.

3) HEALTHY FOOD

You might find yourself craving more carbs and sugars than normal.

Instead of pizza and donuts, try eating more **complex** carbs, which increase serotonin levels in the brain while still being nutritious.

Examples: whole grains, yams, green vegetables, beans, and lentils.

2) KEEP ACTIVE

Curling up on the couch for hours will only make you feel worse.

Keeping active, to the best of your abilities, will induce endorphins and make you feel better.

Set aside time to take a walk, go to the gym, or do yoga at home.

4) HAVE FUN

Break out of the rut by doing something fun! Chat with friends over coffee, read a funny book, style your hair in a different way, or learn a new skill.

Practicing relaxation techniques like meditation can also be fun, plus they can ease your stress.

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Symptoms of the Winter Blues:

Feeling sad/upset



Increased sleep
and tiredness

Not wanting to be
around friends



Changes in
eating habits

