

# 10 WAYS TO BEAT THE Winter Blues

01.

## Lace Up Your Running Shoes and Get Moving

Getting at least 20 minutes of vigorous activity four times a week has been shown to reduce depressive mood.



02.

## Set Your Alarm Clock and Stick to a Sleep Routine

Tempting as it might be to sleep in on dark mornings, it's best to stick with a regular sleep schedule – which means waking up at the same times on weekdays and weekends.



03.

## Queue Up a Stream of Laugh-Out-Loud Films

Experts believe that laughter actually stimulates processes in your brain that counter depressive symptoms.



04.

## Warm Yourself Up With a Mug of Real Hot Cocoa

Make it with fortified milk, which provides a combination of carbohydrate, protein and vitamin D – the combination helps increase serotonin levels, which help us relax.



05.

## Host a Festive Party – But Don't Stress

Any excuse to host a gathering of friends will do – try a dinner party, cheese tasting, or board game night. Planning an event will give you something to look forward to – and it could also put you on other people's invite lists (more fun for you!).



06.

## Give Yourself a Manageable Task to Accomplish

It's important to build activities into your day – even chores, like cleaning the floor – that will give you a sense of competence and accomplishment.



07.

## But Don't Let Your To-Do List Get Too Out of Hand

Decide to stop procrastinating on the unpleasant stuff that could just snowball into more stress later, like unpaid bills, so you'll have more time to do things you do enjoy.



08.

## Book a Staycation – Even if It's a Mini One

You can save money and still get a boost by planning mini-getaways closer to home. Plus, it's much easier to make time for and plan a local staycation treat, such as an afternoon ice skating with friends, trying out a new restaurant in a nearby town, or going to a concert.



09.

## Consider Light Therapy if You Can't Get the Sunshine You Need

If you don't think less sunlight during winter months can affect you, your mood, or your energy levels, think again. Schedule an early-morning walk or lunchtime stroll.



10.

## Don't Hesitate to See Your Healthcare Professional

Chronic pain, headaches, sleep disorders, and even heart disease are all linked to depression symptoms, so check in with your healthcare provider to make sure your winter blues aren't something more serious.

