




Don't Be SAD

Ten Ways to Avoid the Winter Blues

- ~ Stay socially active.
- ~ Exercise regularly (20 min. every other day.)
- ~ Avoid sugar and refined carbs (they mess with your brain!)
- ~ Avoid alcohol (it's a depressant!)
- ~ Get plenty of light, especially morning light.
- ~ Eat your fruits, veggies, nuts, and seeds.
- ~ Drink lots of filtered water.
- ~ Use essential oils.
- ~ Stick to a regular bed time, get 7 -8 hours sleep per night.
- ~ Find an outdoor activity you enjoy; embrace the season!



**Bonus: Take the time to dress warmly.
You might be surprised what being
cold does to your mood!**

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