



TIPS TO OVERCOME THE WINTER BLUES

It is not uncommon during the changing of the season to feel like you're down, lacking motivation, energy, or not wanting to do anything besides remaining bundled up in bed alone. Some days it's okay to feel this way, it's normal. I promise, you're not alone. Too much of anything

- can impact you in unwanted ways. Feeling this way in excess can be a sign of depression. These feelings are normal during the winter time and typically decrease on sunnier days.

Some options you can consider to fight the blues:

- Taking a relaxing shower or bath
- Listening to music to bring back happy memories
- Getting a bite to eat (your favorite comfort food)
- Getting active (going to the gym, a walk, yoga, meditation, etc.)