

# HOW TO BEAT THE

# Winter Blues

WELCOME TO WINTER. THE TIME OF YEAR WHEN (TO QUOTE AN EAGLES SONG) “THE SKY WON’T SNOW AND THE SUN WON’T SHINE. IT’S HARD TO TELL THE NIGHTTIME FROM THE DAY.” HOW VERY TRUE. OUR TENDENCY IS TO HOLE UP INDOORS UNTIL SPRING. BUT THAT’S NOT HEALTHY. TO HELP, WE’VE CREATED SOME TIMELY TIPS TO HELP YOU BEAT THE WINTER BLUES.

- **SNUGGLE UP.** Embrace the cold by grabbing a cup of hot chocolate and a good book. Toss a blanket over your legs and let a cat take a nap on your lap. Relax. Not only will it help your immune system stay strong, but good mental health is a requirement for good overall health.
- **EAT UP.** Make some homemade soup. Making meals and then eating them warms you twice.
- **DRINK UP.** Water helps boost the immune system to help fight off illness. And because of the low humidity, dehydration can sneak up on you in the winter.
- **WASH UP.** Germs love enclosed spaces, so wash your hands and wipe down all of the high-touch spots in your home.
- **GET UP.** The lack of sunlight can mess with your body’s natural rhythms, so stick to a normal sleep schedule. Sleep is one of the keys to fighting illness. Plus it recharges your body’s batteries.
- **GET UP AND GET OUT.** Plan to get out and do at least one activity per week. Having something to look forward to boosts your mood. Doing it with a friend adds a social component to it, which doubles the healthy effect.
- **WORK OUT.** Bundle up and take a walk. Join a gym. Do yoga in your living room. Regular exercise keeps you both mentally and physically healthy.

