Beat the Winter Blahs

Wintertime means less sunlight, colder weather, and lengthy periods of darkness. Add in longer stretches of being stuck inside and it’s no wonder some of us feel a little more down during wintertime. Turn a somber mood around and change up your winter routine with the following:

1. **Get active!** Physical activity helps release endorphins that can help propel your mood to positive new heights. Snowboarding and skiing are two winter sports that are a lot of fun to take part in. Even something as simple as building a snowman can help. Hate snow and the cold? Try moving indoors with hot yoga, a group fitness class, or running around a track.

2. **Get together with good friends.** Sometimes, doing something as casual as hanging out and watching a movie with a bunch of people can help distract you.

3. **Give yourself some alone time.** Sometimes all you need is a day or two to recharge your batteries. Take advantage of this time to pamper yourself with what YOU need to get back on your feet.

If you feel depressed, we can help!

UHS has trained professionals that are here for you anytime, anywhere.

Check out more information on our services here:
http://www.uhs.wisc.edu/services/counseling/how-we-can-help/