

# Lose the Winter Blues

Shorter days and colder temps could have you singing (and feeling) the blues. Some people may even get SAD—seasonal affective disorder, a type of depression that usually happens during the colder, darker months. But the winter doldrums are not inevitable. Here are ways to supercharge this season with cheer:



## OPT FOR OUTSIDE

Sunlight exposure keeps your vitamin D levels up, which is good for your happiness.



## BE A SOCIAL BUTTERFLY

Don't put the freeze on your social life—make plans with friends and family.



## KEEP MOVING

Nothing works faster to boost your spirits than a good sweat session.



## EMBRACE THE SEASON

Enjoy the activities special to this time of year, such as shopping holiday markets.