



BEAT THE

WINTER

BLUES



Keep Active

It's important to remember to stay active during the winter months. Even when your bed feels extra warm or the couch calls your name, don't forget to dedicate time to exercise. Devote at least 30 minutes daily to physical activity and you'll begin to boost your mood and reverse the effects of winter depression.

Eat Healthy

The holiday season is often filled with junk food and sugary sweets. These extra treats tend to leave us feeling sluggish and increase feelings of anxiety and depression. A healthy diet will boost your mood, give you more energy and stop you from putting on weight over winter.

See your Friends & Family

Even if you feel out of sorts, push yourself to get out of the house and socialize. Make an effort to keep in touch with people you care about and accept any invitations to social events, even if you just go for a little while. When you surround yourself with positive people the effects are contagious!

Get Outside

Convincing yourself to go outside in the chilly winter months can be hard, but the benefits are big! Soaking up as much natural daylight as possible can help improve symptoms of mild to moderate depression, increase focus, and lower stress levels.

Plan a Vacation

Longing for sunnier days at the beach? Nothing can perk your spirits quite like planning a warm getaway. Research shows that the simple act of planning a vacation causes a significant increase in overall happiness. Planning your trip in advance helps you beat the winter blues by giving you something to look forward to!

Take up a New Hobby

Keeping your mind focused on a new interest helps ward off symptoms of the winter blues. Try a new exercise class, join a book club, take up knitting, or start a blog. The important thing is that you have something to look forward to and concentrate on.

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