



CONQUERING THE WINTER BLUES

We know this time of year is difficult for many of us due to decreased sunlight, less travel and social isolation.



Do I have seasonal depression?
Scan here for screener.

Be Proactive!

- Open blinds & sit by the natural light
- Find positives each day
- Get outside as much as possible
- Practice stress management
- Exercise regularly
- Get regular sleep
- Be intentional & plan socializing
- Monitor symptoms
- Seek professional help if needed



REACH FOR RESILIENCE



Looking for ideas to remain active during winter daylight hours

Go for a walk on your lunch break or on the weekend

Find a new trail or area to explore or do a winter scavenger hunt

Try a new outdoor activity each month

Exciting options: cross country skiing, snow shoeing, make a snow angel

