



## Winter Blues

As days get shorter and nights get colder, the winter blues are well on their way. This year try something to avoid the winter slump. Here are nine ways that will help the winter months roll by.

1. Exercise! It will assist in relieving stress during the cold months and keeping you active. It will increase your energy and boost your metabolism to burn off some of those extra treats from the holidays.
2. Eat healthfully. When you eat better, your body gives off positive vibes. You will not feel down in the dumps. Grabbing healthy food will increase positive thinking and diminish mood swings and build up energy. Another word of advice, avoid processed foods.
3. Get some vitamin D. Sunlight shining in your home or office window work will do the job. The lack of sunlight can cause some seasonal depression because of the shorter days. Be active and get some sledding or snowboarding into your schedule. Create time to enjoy the beautiful winter wonderland.
4. Control and master resolutions. There have been studies that have exhibited a link between behaviors and depression. Make resolution goals that are reachable and measurable. For example, losing five pounds in one month is more reasonable than 15. Keep it small and build.
5. Avoid binge drinking; it will pack on pounds. Further, alcohol a depressant and will reduce your energy level.
6. Treat yourself. Avoid using food as an incentive, but find something that will keep you motivated. Having a plan with something exciting to look forward to will improve your mood and give you something to focus on.
7. Relax. Take time for yourself during the winter months. Those months seem to be the busiest of the year so take a day to do something for you. You deserve it!
8. Embrace the season. Don't avoid the cold weather, bundle up and enjoy the outdoors. Pick something you have never tried before, it might spark a new interest. Enjoy the opportunities that snow has to offer.
9. Catch up on sleep. Winter can take the energy out of a lot of people. Getting enough sleep will only help you perform better at your job and be in a better mood. Consistently sleeping 7-8 hours a night will improve your energy level.

**To provide seasonal health education to your employees, contact Sharon Rateike, corporate wellness program coordinator at (920) 568-5475 or [Sharon.Rateike@forthc.com](mailto:Sharon.Rateike@forthc.com).**

