

Beat the Winter Blues

**LACK OF SUNSHINE GOT YOU DOWN?
HERE ARE SOME TIPS FROM CHW!**

1. KEEP ACTIVE & GET OUTSIDE

Even a 10 minute walk during the day is helpful for coping with low mood!

2. MAKE TIME TO BE WITH LOVED ONES

Socializing & feeling connected to others is good for your mental health!

3. FIND A NEW HOBBY

Keeping your mind active with a new interest helps ward off sadness & symptoms of depression!

4. STAY WARM

Plan ahead to keep warm with hot drinks & food as well as warm clothes & shoes!

5. TALK IT THROUGH

Come talk to a counselor for free at CHW!

6. COME TO THE WELLNESS RESOURCE CENTER!

Come relax in the WRC where we have soothing music, low lighting, message chairs, & our very own HappyLight!

*Adapted from information provided by NHS.uk

