



## Avoid the Winter Blues

*Tips to be your best you this winter*

The shorter days and colder weather of winter can often leave you feeling less energized or even moody. If you start to feel the “winter blues” setting in, a few quick fixes can help you snap back into the swing of things.

**Here are five tips to help you feel healthier and happier all winter long:**

- 1. Exercise.** Exercise can help relieve stress, improve your mood and increase your energy. The winter weather can often throw a wrinkle in your workout plans, but it’s important to still try and get 30 minutes of activity most days of the week.
- 2. Eat healthy.** During the winter months it can be hard to pass up treats at holiday gatherings and parties. A well-rounded diet including fruits, vegetables, whole grains, protein and dairy can help boost your energy. In need of some comfort food? Opt for a new, healthy recipe like a hearty stew with vegetables to keep you warm on cold days.
- 3. Get some sun.** The sun not only provides us with Vitamin D but can also help improve our mood. Dark outside when you go to work and dark when you leave? Get outside for lunch and take advantage of a sunny winter afternoon. But don’t forget the sunscreen! You can still get sunburned in the winter and on cloudy days.
- 4. Catch some Zs.** Busy schedules around the holidays can really affect our rest and relaxation time. To help keep your energy and mood up, set a goal to get eight hours of sleep per night. Create a relaxing routine before bed to unwind from the day and to help you sleep better.
- 5. Be social.** Sometimes our first instinct when we start to feel down is to be by ourselves. While we all need alone time, our friends and family can help when we’re feeling blue. Take the time to enjoy social activities or catch up with an old friend.

### More than just the winter blues?

If you have symptoms such as anxiety, loss of energy, social withdrawal, loss of interest in activities you once enjoyed, or heavy feeling in the arms or legs, you might have more than the winter blues. If you’ve been feeling down for days at a time, see your doctor. He or she can determine if you are dealing with depression and provide advice on how you can start feeling better.

*This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult your healthcare provider with any questions you have about your health and/or medical treatment.*



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