



## Winter Blues

It's not uncommon to feel down during the winter time – here are some wellness tips to help you beat the winter blues!



### Get Outside & Get Moving

Being active is a great way to boost your mood! Spend time outside in the sunlight to get some extra vitamin D and get your body moving.



### Eat Healthy Meals & Snacks

Add more fruits and veggies to your meals and snacktimes. This can help you feel better physically and mentally, and help your brain to manage stress.



### Connect with Others

Try talking with a friend, family member, teacher, counselor, or another trusted adult. You can even ask them to go on a walk with you!



### Be Kind to Yourself

If it's hard to follow these tips, that's okay. Be proud of yourself for getting up in the morning and try to pick one small thing that you can do to help boost your mood!

Questions? Reach out to your school counselor, a trusted adult, or SAP, Ms. Miller!  
Come by the counseling office or send an email to [cmiller3@k12albemarle.org](mailto:cmiller3@k12albemarle.org)!