

15 Ways to Beat the

Winter Blues

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- 1. Get out of the house.** A simple change of scenery can change your perspective on things. Be sure you get out every day no matter if it's for a walk around the block, to a new restaurant, or to an appointment.
- 2. Laugh.** People who laugh often are more resilient and relaxed.
- 3. Say “no” to something you don’t want to do.** It's OK to set boundaries and use your energy for what matters most.
- 4. Give yourself a treat.** Unlike rewards, treats don't have to be earned. You simply give them to yourself because they make you happier. Just try to choose something that's reasonably healthy.
- 5. Clear the clutter.** Piles of mail and counters filled with clutter contribute to overwhelm and fatigue. A nice, neat space can be surprisingly uplifting when you're feeling down.
- 6. Don't sweat the small stuff.** Somethings really aren't worth getting upset about.
- 7. Put on your favorite playlist.** Music has a huge impact on our emotional state.
- 8. Spend time with your pets.** Pets can be both fun and calming.
- 9. Eat a healthy afternoon snack.** Try to eat a healthy snack regularly to help stabilize your mood and energy, especially if your appetite is low or you're skipping meals.
- 10. Mindfully use your senses to increase the enjoyment of everyday life.** Tuning into all of your senses and enjoying everyday experiences through taste, touch, smell, sight, and sound can add a new level of appreciation and enjoyment to them.
- 11. Move your body.** One minute of gentle stretching or jumping jacks is enough to refocus your brain, get your blood flowing, and add some new energy to your languishing mood.
- 12. Buddy up.** Most things in life are more fun when done with a friend.
- 13. Write it out.** Feelings need an outlet. Writing is a quick, safe, and effective way to process what you're feeling and what's happening in your life.
- 14. Turn on more lights.** Light therapy is a non-invasive treatment often used for SAD. Even if you don't have SAD, simply turning on extra lights in your house or office can help improve your mood.
- 15. Anticipate a fun-filled activity.** Find something that you're really excited about doing and savor not only the experience but the anticipation of doing it.