Cool Ways to Beat the Winter Blues

That aroma of holiday foods is no longer lingering in the house that was just filled with family and friends, the last present has been opened, and the New Year’s resolutions have been made. That’s it! The holiday high is history and now the winter blues are settling in under your warm covers just in time for the short winter days and the cold winter nights. Here are some easy ways to help kick you off those cozy bed covers in the morning and get rid of those winter blues.

Hidden Ways to Beat the Blues

- **Eat Healthy.** Avoid refined and processed foods (white bread, sugar, rice) which don’t contain the nutrients your body needs. Try to eat more complex carbohydrates (fruit, veggies, whole wheat bread) to stabilize your energy levels.

- **Get Some Sun.** Spending a little time outdoors not only provides you with vitamin D, but it also improves your mood.

- **Treat Yourself.** Plan something exciting to look forward to – a weekend trip, a day at the spa, or a sporting event. Anticipation will improve your mood immediately.

- **Get More Sleep.** Aim for 7-8 hours a night to keep your bedtime and waking time consistent. You’ll have more energy.

- **Stay Social.** Stay connected to family and friends. A phone call, email, or a chat over coffee will brighten your day.

Exercising to Beat the Blues

- **Head to the gym.** The group atmosphere is also great for moral support.

- **Try a dance class.** If Jazz isn't your cup of tea, try Zumba or Hip Hop. Dance classes offer aerobic exercise and are heart healthy.

- **Visit your local mall and walk around.** Bring a friend and enjoy the people watching.

- **Don’t leave the house at all.** Buy an exercise DVD and listen to some music.

- **Learn a bodyweight exercise routine.** No equipment needed. Yoga, Pilates, and Shadow Boxing will get you in great shape in the privacy of your own home.

- **Throw your hat, gloves, and scarf on and get outside for a walk or run.** You’ll feel great.

By exercising and making slight changes to your lifestyle, you can beat those winter blues and get back to having fun throughout the winter season. Enjoy the beautiful winter months ahead, and stay happy!