

Beat the Winter Blahs

Wintertime means less sunlight, colder weather, and lengthy periods of darkness. Add in longer stretches of being stuck inside and it's no wonder some of us feel a little more down during winter.

1. Get active

Physical activity releases endorphins to propel a positive mood. Even something as simple as building a snowman can help. Not a fan of the snow? Try moving indoors with yoga, a group fitness class, or running/walking around a track.

2. Spend time with friends.

Doing something casual such as hanging out, cooking a meal, or watching a movie with friends can help distract you from the chilly temps.

3. Treat yourself

Sometimes all you need is a day or two to recharge your batteries. Take advantage of time alone to rest, reset, and check in with yourself.

If you feel depressed, UHS can help!

UHS has trained mental health professionals (and a 24/7 crisis line) who are here to help you. For a full list of services available at UHS, visit uhs.wisc.edu, or call 608.265.5600.

