

3 Ways to Cope With the *Winter Blues*

Cold, gloomy weather, holiday bills arriving in the mail and not yet paid, New Year's resolutions that, for the most, are frayed. These are some of the factors cited by mental health associations in pronouncing that January is the most depressing month.

Don't despair! These 3 simple tips will help you counter the effects of the winter blues:

1. **See The Light** - On sunny days, go outside whether it's to just take a break or have your lunch. A few minutes of sunlight helps improve your mood and energy levels. If time permits, a brisk walk will boost some feel-good chemicals.
2. **Eat Right** - Foods and healthy snacks that provide slow-burning energy such as nuts, fruits and vegetables will help keep mood and energy levels steady.
3. **Chit Chat Around the Water Cooler** – Not only is water great for replenishing brain cells, but the cooler is often where people will meet to chat about work, stresses and about each other's lives. This is another way to build resilience to any kind of mental health trouble by using the social support from others.