



## WINTERIZE YOUR BRAIN

**The winter season can be tough on your brain and mental health. But there are ways to stave off the blues during these chillier months:**



### SEEK THE SUN

Though it can be tough to find depending on where you live, accessing sunshine and natural light for a few minutes each day can have a significant impact on brain and mental health – helping to regulate your circadian rhythms, which are essential for optimal sleep.



### WORK IT OUT

If your exercise efforts are taking a holiday vacation and waiting for the New Year, motivate yourself to keep working out by understanding that the endorphins created by rigorous exercise are mood boosters and depression slayers for many people, especially during the winter months!



### CONNECT WITH COMMUNITY

Prioritizing interaction with those you care about and enjoy being around is a significant step towards maintaining mental health, especially during what can be a stressful time of year for many.

