



AS DAYLIGHT HOURS SHRINK DURING THE FALL AND WINTER MONTHS, MANY PEOPLE EXPERIENCE SEASONAL AFFECTIVE DISORDER (SAD)—A TYPE OF DEPRESSION LINKED TO CHANGES IN LIGHT AND CIRCADIAN RHYTHM.

COMMON SYMPTOMS INCLUDE:

- **LOW ENERGY,**
- **INCREASED SLEEP,**
- **DIFFICULTY CONCENTRATING,**
- **AND A NOTICEABLE DROP IN MOOD.**

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WHILE SAD CAN AFFECT ANYONE, IT'S ESPECIALLY COMMON IN NORTHERN CLIMATES WHERE THE WINTER DAYS GROW SHORTER.

HELPFUL COPING STRATEGIES INCLUDE LIGHT THERAPY, MAINTAINING A REGULAR SLEEP SCHEDULE, GETTING OUTSIDE DURING DAYLIGHT, AND SEEKING SUPPORT THROUGH COUNSELING OR MEDICATION WHEN NEEDED.

WHEN WINTER ROLLS IN WITH ITS CHILLY MORNINGS AND EARLY SUNSETS, STAYING ACTIVE CAN FEEL LIKE A HEROIC QUEST—BUT IT DOESN'T HAVE TO BE!

IF YOU'RE UP FOR SOME FRESH (AND BRISK!) AIR,

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- WINTER WALKS,
SLEDDING,
SKIING
SNOWBOARDING
BUILDING A SNOWMAN
OR EVEN TRYING OUT SNOWSHOEING CAN TURN EXERCISE INTO AN ADVENTURE.**

SETTING SMALL, PLAYFUL GOALS—LIKE A 10-MINUTE “MOVEMENT BREAK” OR A MINI DANCE PARTY—CAN MAKE ACTIVITY FEEL LESS LIKE A CHORE AND MORE LIKE A MOOD BOOSTER. WITH A LITTLE CREATIVITY, WINTER CAN BECOME THE SEASON WHERE STAYING ACTIVE IS ACTUALLY FUN!

COZY INDOOR ACTIVITIES LIKE;

YOGA,

DANCE VIDEOS,

OR QUICK STRENGTH CIRCUITS

CAN KEEP YOU MOVING WITHOUT EVER LEAVING THE WARMTH OF YOUR LIVING ROOM.