5 Tips to Beat the Winter Blues

However you may be affected by colder and darker skies, here are five ideas to help combat the season's potential for blahs:

1. **Get outside anyway—soak up vitamin D.**
2. **Go dancing, shake a rug, get your groove on.**
3. **Be spontaneous—do something to break up your routine.**
4. **Nerd out on a new (or old) hobby.**
5. **Indulge in creature comforts such as massage or manicure.**

Want to learn more?

Get more details at
PacificSource.com/winterblues

PacificSource HEALTHY LIFE

CLB170_1219_11

Fold on dotted lines and tape ends together.

5 Tips to Beat the Winter Blues

However you may be affected by colder and darker skies, here are five ideas to help combat the season's potential for blahs:

1. **Get outside anyway—soak up vitamin D.**
2. **Go dancing, shake a rug, get your groove on.**
3. **Be spontaneous—do something to break up your routine.**
4. **Nerd out on a new (or old) hobby.**
5. **Indulge in creature comforts such as massage or manicure.**

Want to learn more?

Get more details at
PacificSource.com/winterblues

PacificSource HEALTHY LIFE

CLB170_1219_11

Fold on dotted lines and tape ends together.