10 Tips to Beat the Winter Blues

However you may be affected by colder and darker skies, the wintertime blahs are real. Here are 10 ideas to beat the blues:

1. **Soak up some vitamin D.** Don't forget to get outside for fresh air. Just because it may be cloudy or blustery outside, our bodies can still absorb the daylight's nutrients. Take a walk during lunch or join friends for a game of tag in the park.
2. **Cut a rug, get your groove on.** Head out for a night on the dance floor, throw your own dance party for a night in, or sign up for an aerobics (or "dancercise") class.
3. **Throw a tropical party.** Be with friends. Heat up the house, serve up summer treats, and don your most comfortable beachwear.
4. **Get that warm, fuzzy feeling.** Play cards with a senior, cook dinner for a friend in need, or anonymously donate a gift certificate to someone struggling to make ends meet.
5. **Try something silly.** Be spontaneous—do something to break up your routine: Blow bubbles, skip to your car, walk for hours in the rain, or splash in the puddles.
6. **Initiate a new winter family tradition.** Book a vacation at a snowy lodge, start a game night, or chill out with a movie classic.
7. **Create a change of pace.** Rearrange your furniture, freshen up your workspace, or rethink your kitchen's color scheme.
8. **Be a kid again—*play!*** Watch cartoons or old comedy favorites, or go to a playground and mess around on the swings or jungle gym.
9. **Nerd out on a new (or old) hobby.** Silence all critics. Be *you* with crazy abandon. Create an original: Spin pottery, make a funny video, or get out the knitting needles.
10. **Indulge in creature comforts.** Treat yourself to a massage, manicure, or pedicure.

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