

# beat the winter blues



Winter. You know when it's on its way and every year you can count on it to send you into a deep, depressing slump. The snow, the cold, the traffic delays to and from work; we all know how to prepare for it, but that never seems to be quite enough. So what else can you do? Stress no more! Our team at Fusco Personnel Inc. has put together 8 simple tips to hopefully help you shake those winter worries and kick start your week as if the sun never left your side.

**1. Exercise** Much easier said than done, exercise is one of the best ways to get yourself out of any slump. It has been proven to reduce depression, anxiety, sadness, tension, anger and helps level out sleep patterns giving you a more restful sleep. Exercise also releases endorphins which can trigger a positive outlook on life. Think about that the next time you're shoveling your car out of the snow!



## 2. Listen To Music

An article in U.S. News tells us that music has been used as a form of therapy for decades and has been an effective remedy for neurological conditions from Parkinson's to Alzheimer's to anxiety and depression. Music: the universal medicine. Turn it up; it's good for you!



**3. Smile** It may be hard at first, but actually forcing yourself to smile can lift your mood. It is proven that your body is more relaxed when you smile and just like exercise, smiling releases endorphins to your brain which in turn relieve stress. Pass it on. Smiling is contagious!



## 4. Embrace The Season

Enjoy the weather while it lasts. Have fun and take up a winter sport or snuggle next to a fire and open the book you've been dying to read for the last few months. Relax and take in that crisp fresh air and stop wishing it away. Do that, and Spring will be here before you can say snowman!



**5. Make Plans** It's so easy to stay inside the house during these bitter cold months, but it's time to break that habit. Start making plans that you can look forward to and you'll notice the weeks will go by faster and your mood will be a little lighter.



**6. Change Your Diet** Many of us elect diets as our number one resolution for the new year. This year, don't just think of food as "good for your body," and remember it's good for your brain! It has been said that eating junk food can worsen depression and decrease energy. Instead of snacking on chips and candy, prepare snacks for yourself that include fruits and vegetables. You won't believe the difference until you do it. Treat your body and your brain right and they will thank you for it!



**7. Treat Yourself** Only you know what truly makes you happy. The Holidays may be over, but that doesn't mean that the giving should end. Make it a point to do something you enjoy doing and go do it! Be good to yourself and let go a little.



**8. Putting Things Into Perspective** People worry too much about things they can not change. Sometimes we are the reason for our own stress in life. Learn to sit back and really think about the way you're feeling and why you're feeling it before spending your energy on a problem that may not have a solution. Winter is here, folks and it's not going anywhere.



Follow us



*"Find the joy, it's there even when the sun is not." - Maureen Kim, RN, BSN*

