



The long, dark days of winter  
don't have to get you down



## Don't get S.A.D. (Seasonal Affective Disorder)

### 1. Know that S.A.D. is absolutely normal.

Bad moods happen in the winter. Practice shaking it off, like snow on your back.

### 2. Don't wallow in negative thoughts.

They'll take you under. Focus on what you're grateful for.

### 3. Don't "cave" like a bear.

Isolation is a bad thing for S.A.D. Get out and do something with your peeps.

### 4. Move.

Moving is the best way to shake S.A.D.

### 5. Sit in bright light.

Even week tepid sunshine helps.

