

# How to Beat the Winter Blues



1.

**Stay moving! Getting regular exercise throughout colder, darker months can help reduce depressive moods**

2.

**Wake up and go to bed at the same time during the week & weekends to encourage regulating your circadian rhythm**

3.

**Find the light - get outside for some brief sunshine during the day to help keep Vitamin D levels up.**



Make sure to take care of yourself, physically and mentally, during this season. If you need additional resources, [click here](#) for OCC offerings.