

NewBridge's

Tips for beating mid-winter blues



Eat healthy foods ♦ Go outside: One hour of exercise outside has the same benefits as 2.5 hours of light treatment indoors ♦ Have a friend teach you to knit ♦ Take an evening class ♦ Go snowtubing ♦ Plan fun activities with friends ♦ Resume an old hobby ♦ Plan your vacation for winter rather than summer ♦ Take ceramic classes ♦ Check out library events ♦ Walk the dog ♦ Host movie night with popcorn ♦ Join a gym ♦ Decorate in warm colors: red, orange and yellow ♦ Play summer music ♦ Cook ribs and mac salad for an indoor barbeque ♦ Adopt a pet ♦ Force spring: Bring forsythia cuttings indoors and put in vase of water (takes about 2 weeks) ♦ Share your feelings ♦ Learn to dance ♦ Order spring bulbs ♦ Try winter's best fruits: oranges, clementines, kumquats, persimmons, pomegranates, and quinces ♦ Meditate ♦ Visit a garden center greenhouse: They are kept warm and sunny ♦ Keep a journal ♦ Be on the lookout for interesting events ♦ Take heart: The days are getting longer! ♦ If the winter blues become overwhelming, NewBridge can help. Call toll-free today at (888) 746-9333 or visit us at www.newbridge.org.

