

How we beat the “Winter Blues”

Music/dancing

Flowers

Walk

Family Games

Jazzercise

Puzzles

Knit

Read

Snow Boarding

Cross Country Skiing

Go to Florida

Recreation Center to Play Pickleball

Scrapbooking

Go to the Gym

Good Sleep

Prayer

Cold Shower

Infrared Red Light Therapy

Light in the morning

Self Care

Winter Hobby

Listen to Christian Music

Get Together with Friends

Light a Candle

Infrared Sauna

Get Out in Public Where People Are

Snuggle under a blanket with a book or watch informational stuff

Keep Busy - Engagements

Still Time for Mind Stuff

Color to Keep Busy

Watch Fun Movies

Get Outside into the Fresh Air

Spa Overnight Trip