



Suggestions to Make the Winter Blues Tolerable

1. Put **flowers** on your night table. It will help you sleep better and wake up energized.
2. Write down any **negative thoughts**. By writing them down, you'll realize what negativity is in your thought process.
3. Find your **power suit**. Your power suit is one outfit that makes you feel amazing. Use it as your go-to whenever you need an extra boost.
4. List your **accomplishments**. Listing your accomplishments on a sheet of paper will give you a big adrenaline shot of self-worth.
5. **Smile**. It's a small thing with big benefits. Smiling increases your levels of happy neurotransmitters in your brain. The more you smile, the happier you'll be.
6. Cut out **toxic people**. If there are people in your life who impact your self-worth and self-esteem, it's time to end the relationship. Seek out positive reinforcement, not haters.
7. **Help someone**. Helping someone else—whether it's helping someone cross the street or holding the door for someone else gives you a confidence boost.

