BeWELLillinois

Beat the Winter Blues

Cold temperatures and lack of sunlight can leave you feel fatigued, irritated and unmotivated. Proper nutrition and exercise is essential to help improve your mood and decrease your stress.

4 tips to boost your mood

1. **Vitamin D**  
   A lack of sunshine in the winter months can lead to a decrease in Vitamin D. This can result in a lack of energy and motivation. Foods rich in Vitamin D include: fatty fish, fortified cereals, fortified dairy products, and eggs.

2. **Omega-3 Fatty Acids**  
   Serotonin, a chemical in the brain responsible for mood balance, is low during winter months. Omega-3 Fatty Acids have been shown to improve serotonin levels. Foods rich in Omega-3 Fatty Acids include: fatty fish and fish oil, walnuts, flaxseed, and flaxseed oil.

3. **Folic Acid**  
   Folic Acid is also important in boosting serotonin to increase mood regulation and balance. Foods rich in Folic Acid include: dark green vegetables, citrus fruit, avocados, nuts, and beans.

4. **Physical Activity & Exercise**  
   Exercise reduces stress hormones and increases endorphins which help in mood elevation. It is recommended to be physically active for 150 minutes per week.