

WINNING AGAINST THE WINTER BLUES

A Simple Guide to Help You Live Well This Season

Winter can bring quiet, cozy moments — but the shorter days and colder weather can also affect mood, energy, and motivation. If you tend to feel a little “off” during this time of year, you’re not alone. This guide offers practical ways to support your well-being, plus an overview of how Medicare can help.



1. Get a Little Light Each Day

Light has a powerful effect on mood and energy.

- Step outside for a few minutes
- Sit near a bright window
- Open blinds to brighten your space



3. Stay Connected

Social connection is one of the strongest mood boosters.

- Call or visit a friend
- Join a community group or activity
- Stay engaged with people who make you feel supported



5. Add Small Joys to Your Day

Predictability helps stabilize mood and reduce stress.

- Enjoy a warm drink
- Play your favorite music
- Spend time on a hobby
- Read, craft, or work on a small project that relaxes you



2. Add Gentle Movement

A small amount of movement can make a significant difference.

- Take a short walk
- Try stretching or light indoor exercises
- Explore online fitness videos or senior-friendly classes
- If you have a **Medicare Advantage plan**, check whether your gym or fitness program is included- get movement and connection!



4. Keep a Simple Routine

Predictability helps stabilize mood and reduce stress.

- Keep sleep and meal times consistent
- Begin or maintain a comforting daily ritual