

Short Days, Long Month

Let the sunshine in

February may be the shortest month of the year, but short days and lack of light may make it seem endless. If the lack of light has you down, try these tips to brighten your work days.

- **Get as much sunlight as you can.** Try to get outdoors for an hour a day. If you can, walk before work. At work, use lunch and break times to walk outdoors.
- **Let the light in.** Throw open your curtains and raise your blinds. If you can, work near a window.
- **Brighten up your cubicle with lamps.**
- **Take your annual vacation** during the winter months in a sunny climate, if possible.
- **Stay away from sugars and starches.** Eat a low-fat, well-balanced diet with lots of vegetables and fruits.
- **Limit caffeine.** Take an herbal tea break instead.
- **Keep active.** Exercise releases endorphins, which are natural mood lifters. Join an exercise or yoga class at work.
- **Stay social.** Resist the impulse to hibernate. Take that co-worker up on the offer to eat lunch together.



Keep your spirits-and your productivity-high by letting the sun shine in all month long. Spring will be here soon!