

# BEAT THE BLUES JANUARY 2024



## QUICK WINS TO BEAT THOSE JANUARY BLUES

MAKE PLANS WITH  
FRIENDS OR FAMILY,  
AND AVOID BEING ALONE



BOOST YOUR VITAMIN D  
WITH AS MUCH  
DAYLIGHT AS YOU CAN



AIM FOR 7-9  
HOURS SLEEP  
EACH NIGHT



PLAN SOME  
FUN  
ACTIVITIES  
FOR 2024



EXERCISE  
REGULARLY,  
AND GO FOR A  
LUNCHTIME  
WALK



EAT HEALTHY, AND  
EAT FOODS YOU  
ENJOY, IT'S OK TO  
TREAT YOURSELF!



CONSIDER  
TAKING A  
BREAK FROM  
SOCIAL MEDIA



FOCUS ON  
GRATITUDE



FIND A NEW  
HOBBY



LOVE  
YOURSELF  
FIRST