

Winter Wellness

Get your flu shot

While vaccine effectiveness can vary, recent studies show that flu vaccination reduces the risk of flu illness by between 40% and 60% among the overall population. (CDC)



BE PREPARED

to stay safe and healthy this winter. Winter storms and cold temperatures can be dangerous. While it is important to be mindful of your body during this cold and flu season, you should keep your environment safe as well.

Make sure your car and home are ready for winter, too!

- Install weather stripping and insulation around your windows.
- Clean out gutters and repair roof leaks.
- Inspect and clean fireplaces and chimneys.
- Service your car radiator and maintain the antifreeze level.
- Check tire tread or, if necessary, replace with all-weather or snow tires.
- Keep gas tank full to avoid ice in the tank and fuel lines. (CDC)

FEELING DOWN?

Cold and dark days and too many holiday obligations commonly cause one to feel a dip in serotonin levels.

(WHOLE LIVING)

UP YOUR SEROTONIN!

Omega-3 fatty acids, found in oily fish (such as salmon and sardines), have been shown to improve cognitive function. Lentils are a rich source of the amino acid tryptophan, a precursor to serotonin.

Other ways to beat the winter blues

- get extra sunlight whenever you can
- get exercise to release endorphins
- maintain a healthy sleep schedule

(Kaiser Permanente)

