3 tips to manage winter depression

1. Get more light exposure—either natural sunlight or bright light therapy.
2. Get more vitamin D, which exists at lower levels in the body during the winter.
3. Get active. Regular walking or other exercises will help improve your mood.

Call your Employee Assistance Program at 1-800-424-4831 (TTY 711) or visit MagellanAscend.com for helpful resources.