

Brain Tricks

for beating the Winter blues



Put the lights on earlier! Desk lamps and light that is near to you will help you to stay alert and prevent the darkness becoming a foreboding distraction.



Real or natural light, in the form of candles if you can, or daylight lamps (available from most high street stores, they fit into existing light fittings), help balance the darkness with brighter, smoother light.

Dress the windows! If you can't close the curtains or blinds, dress your windows with photos, posters, candles or images of things that have positive associations for you.



Keep warm! We've all turned the light on to help make us "feel" warmer! Pop the heating on, slip on an extra jumper or simply make regular hot drinks or soup. When we feel cosy, we feel more relaxed and this has an impact on focus and productivity.

Focus on something new. A new hobby or project can help to distract us from focusing on "how dark it is", "how quickly the time flies", "how I miss the summer" and "how much I hate the cold".

Go outside. I know, not what you'd expect, right?! Research has demonstrated that going for a walk in the middle of the day can be just as effective as light for coping with those winter blues.

