

Lift Your Mood

When the days are shorter and the weather is colder, some find themselves with the winter blues. These self-care tips can help:

Go to a movie, take a walk, or do other activities you normally enjoy.

Get out in the sunlight or brightly lit spaces, especially early in the day.

Spend time with other people and confide in a trusted friend or relative.

Eat nutritious foods, and avoid overloading on carbohydrates like cookies, soda, and candies.

Seek help if needed. An Employee Assistance Program (EAP) is available at no cost to UT SELECT members. EAP provides confidential, professional counseling for problems at home or work. See link below for more info.



Seasonal affective disorder (SAD), or the “winter blues”, tends to peak in January and February. It can sap your energy and make you feel moody.

To find out more or to make an appointment with your local EAP, visit:
www.livingwell.utsystem.edu/eap.htm.

This benefit is available to all UT SELECT Medical Plan members: Employees, dependents, retirees, surviving spouses, and COBRA participants.