**Socialize Your Way Out of Winter Blues**

When you’re feeling down you often want to be alone. The last thing you want to do is socialize. However, the company of others may be exactly what’s needed to beat the winter blues.

**Laughter**

When you socialize with others there’s generally a lighter, more jovial mood. Surrounding yourself with laughter and happiness, even if you’re not feeling light and happy, can help. Laughter has been proven to release hormones in a person’s body. These hormones help elevate mood and alleviate stress. And you may find yourself joining in on the laughter and fun.

**New Perspectives**

When you’re around others you may be able to see things from a different perspective. You may find that others share your present situation. They may have a different outlook or approach to the problem. This new perspective or outlook can help you find a way out of the darkness.

**Gratitude**

Friends and family have a way of reminding us what’s important. You may be able to look at your present situation in a new light. Gratitude is a powerful emotion. When you feel it, it can change your entire perspective. Many experts recommend keeping a gratitude journal or notebook to help remember what’s good in your life.

**Music, Food and Fun**

Many social outings are centered on these three things – music, fun, and food. It can be difficult to stay depressed when there’s an upbeat vibe. When you’re surrounded by delicious food, great music and laughter, a winter depression can slip away.

**Make Socializing a Part of Your Life**

If you’re prone to the winter blues or have experienced depression in the past, consider being proactive. Schedule weekly outings with friends and family. Make it a tradition. Meet at a local restaurant or start a dinner club and rotate homes. This way you know you have a plan to get yourself out of the house and socializing on a regular basis.

Find other ways to get out of the house too. Consider joining a fitness class. Or take a class at your local community center. Learn something you’ve always wanted to learn.

Do you want to take a graphic design class? Romance writing class? What about pottery or photography? Learning something new and surrounding yourself with people can help you avoid the winter blues all together.

Take charge of your life. Don’t let the winter blues get you down. Socialize, interact and remember to have fun!