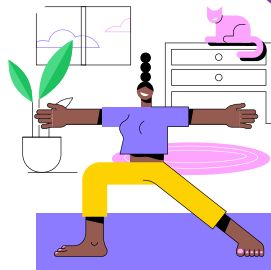


# When the weather keeps you inside

The weather has been shown to affect people's mood. We're less likely to get outdoors, go to community events on grey wet days. Here are some tips to keep active and connected when the weather keeps you inside:

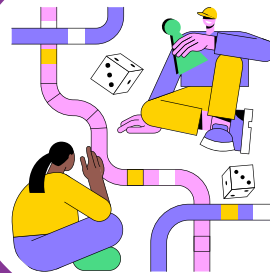
## 1 Keep moving

Rainy days can make it hard to get out and exercise. Consider doing a workout on YouTube, go to a class or get a raincoat and brave the rain.



## 2 Catch up with others

There are plenty of indoor activities you can do with friends or family. Play a game, look through old photos, bake or watch a movie together.



## 3 Challenge yourself

What do you want to achieve over the next few months? Setting goals isn't only for the beginning of the year. Consider what you want and how you will work toward it.



## 4 Enjoy some fresh air

Get outside on those sunny days! Spending time outdoors is a great way for us to be mindful, get fresh air and some Vitamin D which can reduce stress and regulate mood.



## 5 Keep your mind active

Snuggle up and read an interesting book, do a puzzle or play a game. Visit your local library to check out some new books.

