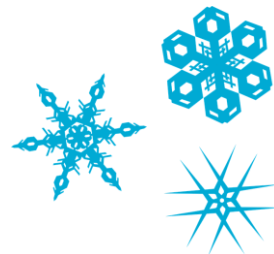


Winter Time

How to survive winter?

When days are getting longer and darker, most of us are depressed and has no motivation. We have some tips for you to help you fight with this annoying feeling.

1. **Be productive.** Being productive will help you forget about your problems but remember to take regular breaks. The fact is, you will be more productive and less stressed if you take regular breaks.
2. **Exercise.** Exercising gives you an energy and motivation, it will also lift your mood. You can have a great time in winter!
3. **Stop thinking about things you can't change.** Maybe it's cold and cloudy outside but you have no influence on it.
4. **Get care of your body.** Have a long hot bath, put on face mask, and turn on calm music. It will make you feel relaxed and help you fall asleep.
5. **Listen to music.** Make your own playlist of songs which can help you when you're sad.
6. **Be grateful for the small things.**
Like:
 - A roof over your head and a warm home.
 - Clean water.
 - Three steady meals every day.
7. **Talk to you friends and family.** Heart-to-heart is the best medicine for sadness.





To improve your mood... Hot chocolate

What do you need?

1 bar dark chocolate, finely chopped

2 tablespoons cocoa powder

2 tablespoons sugar

4 cups milk

1 teaspoon vanilla extract

Pinch of salt

Instructions:

Put together chocolate, sugar, and cocoa powder in a small saucepan. Add the milk and set the saucepan over medium heat. Bring to a simmer, mixing occasionally, until hot and smooth, about 5 minutes. Add the vanilla and salt.

Keep warm: winter clothes.



a hat



gloves



a scarf



socks



a jacket



boots