

## **Holiday Health Tip Beating the Seasonal “Blues”**

The clocks have been turned back for daylight savings and the winter months are quickly approaching. Now is a good time to start thinking about the ways for us to beat the seasonal "blues" we tend to experience during these cold winter months. In addition to proper nutrition, exercise, moderate exposure to sunlight and staying socially engaged, not to mention a good healthy dose of laughter, remember that an effective way to help maintain winter wellness is to get periodic massage.

Research has shown that both immediately following a massage and over the course of a massage treatment period, the body's level of cortisol (the stress hormone that lowers the body's immune function) decreased while neurotransmitters dopamine, serotonin (involved in mood, cognition, motivation, pleasure, appetite, sleep patterns), and endorphin (the body's natural pain killer) levels increased. In addition to the many other benefits we've previously discussed, receiving massage on a regular basis throughout the winter can help alleviate anxiety and depression, decrease fatigue with more restful sleep, and can boost your overall sense of well-being.



***Therapy for the Mind, Body & Soul***

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