Visit these "sunny spots" on campus to brighten your day during the harsh winter months.
Go Outside
Bundle up and spend at least 30 minutes outdoors. Even on cloudy days, being outside can help increase your serotonin levels.

Rise and Shine
Keep a regular sleep schedule and aim for 7 to 9 hours of sleep each night. Keeping a normal sleep schedule will help to maintain consistent levels of serotonin so that your body and mind are balanced every day.

Eat Seasonal Foods
Many nutrients that your body lacks in the winter can be found in seasonal foods. Eat brightly colored vegetables and fruit, like apples and squash, as well as complex carbs like beans and lentils.

Exercise
Move your body for at least 30 minutes each day. The Department of Athletics and Recreation offers a variety of opportunities to be active. Visit athletics.uchicago.edu to learn more.

Try a Light Box
Attend the Breathing Room on Thursdays from 3-5pm in Ida Noyes 034 to try our light box. Visit wellness.uchicago.edu to learn more.

Get Social
Stay connected with friends and family for support. Talk on the phone, try new activities and plan social events with new and old friends to bring everyone together. Visit wellness.uchicago.edu to learn more.