

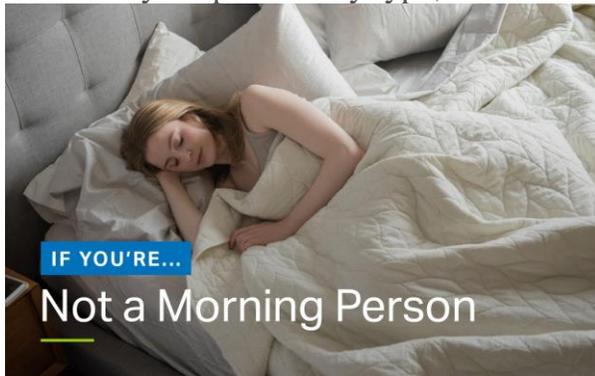
6 Ways to Beat the Blues Based on Your Personality

by Jennifer Purdie



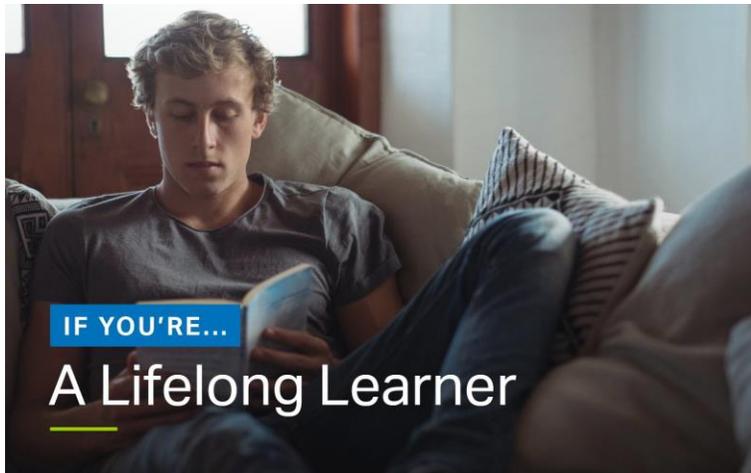
Let's face it, winter can be a rough season to get through. Snow, ice, sleet, rain, wind chill factors ... we could go on. Then there are the short, dark days. But instead of letting this season get you down, use it as an opportunity to get out of a rut and take on a fresh, new activity.

Based on your personality type, here are a few suggestions:



YOU SHOULD ... ADD SPICE TO YOUR BREAKFAST

“Some spices like capsaicin can actually help to increase your blood flow and make you feel more awake in the morning,” says Kirsten David, MS, a dietitian for [EduPlated](#), an online nutrition coaching platform. “Try adding cayenne pepper to a large glass of water or on your morning eggs.” She says this will make you feel more awake and it's good for heart health.



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YOU SHOULD ... JOIN [MEETUP.COM](https://www.meetup.com)

You can swiftly expand your circle of friends with this event-centric site. Simply sign up and search for any activity — from indoor soccer to dodge ball to aerial yoga. The site remains a staple for social butterflies: At any given minute, 60–100+ people decide to meet up at site suggested activities.



YOU SHOULD ... GO FOR FUNKY CLASSES

Group classes that focus on freedom of expression, like Zumba, Dance Dance Revolution or [IslandFit](#) — a curation of power, resistance workouts and a Caribbean dance party are great when you prefer more artistic exercises and ones that allow you to showcase your creative style. “I’ve always loved the idea of expressive, dance movements as a form of exercise, because you lose yourself in the music, while working and strengthening every muscle in your body and feeling the burn,” says Triniti Bravo, co-designer of IslandFit.



YOU SHOULD ... TRY OVERNIGHT, SLOW-COOKER OATS

Even if you DVR the Food Network and fill your phone with foodie apps, sometimes you might feel a bit too lethargic to whip up a meal. Let your slow-cooker do the work as you sleep. “You will wake up to the amazing smell of cinnamon, spices and fruit, as well as have a healthy, hot breakfast that will be ready to eat and warm you up on a cold winter day,” says David.



YOU SHOULD ... TRY **ACROYOGA**

This practice mixes yoga, acrobatics and the healing arts, and it requires at least two people to complete the movements. Even better, acroyoga necessitates communication and taps into trust levels between partners allowing you to become better acquainted with each other's bodies.