

A decorative wreath border surrounds the text. It features light blue leaves and clusters of small, round berries in red and blue. The berries are arranged in small groups on thin black stems.

Boost Your Serotonin

Simple ways to lift your mood this winter



**Listen to
Music**



Exercise or Stretch



Laughter



Light Exposure

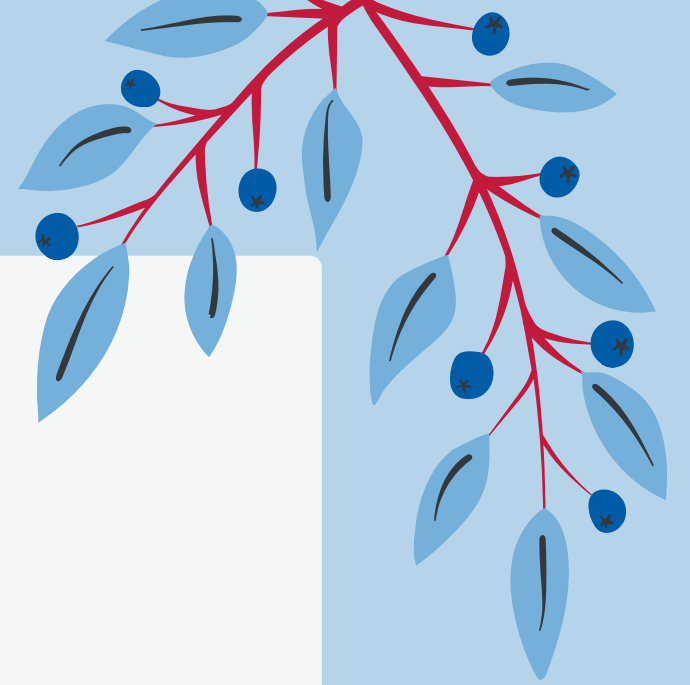
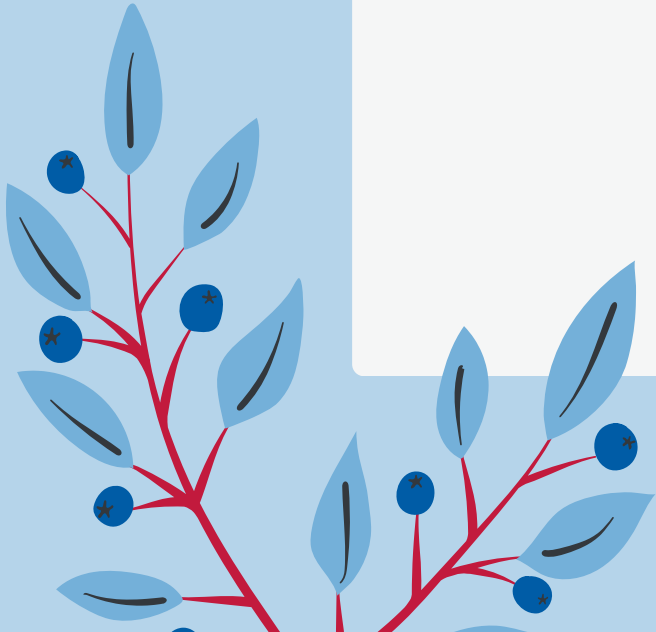


Practice Gratitude



Creative Expression

Sleep Habits





Pet Cuddles

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At FastTrackerMN, we understand the importance of mental well-being, especially during the winter months. Prioritizing small, mood-boosting habits can make a big difference!