

Published based on [5 Ways to Boost Wintertime Energy and Happiness](#)

5 Ways to Boost Wintertime Energy and Happiness

Even though it is in the middle of summer (and a lot of people don't want to think about this), winter will be here before you know it. In the winter (depending on where you live) it can get really cold and it may snow a lot, those two things may make you not want to leave your house or even get off of the couch. So here are five ways to boost your energy and happiness in winter.

THE DETAILS: The five studies conducted by an international team of researchers appear in the *Journal of Environmental Psychology*. The different studies all came to the same conclusion?that being outdoors and exposed to nature is linked to greater vitality. The study authors described vitality as feeling enthusiastic, alive, vigorous, happy, alert, and full of energy.

[5 Ways to Boost Wintertime Energy and Happiness](#)

You can also find this article published on [5 Ways to Boost Wintertime Energy and Happiness](#), and on the tag pages [winter](#), [yahoo](#), [yahoo health](#).