Winter blues got you down? Here are some tips to boost your mood during the cold dark days:

- Listen to some happy beats
- Head outside for 35 minutes of fast walking
- Do your workout under bright lights
- Make your work environment brighter
- Take a break from your phone or computer screen

The authors examined the impact of friendship on personal happiness. They followed 224 college students and examined their happiness and close relationships. It was found that the companionship of the best friend and close friends were a major predictor in happiness.

**Budget Shopping**
Want to buy presents for your friends and family but you’re on a budget? Use your student ID to get discounts at these stores (locations vary):

- Charlotte Russe (15% discount)
- Express (15% discount)
- Lonely Planet (20% discount w/registration)
- Pacsun (15% discount w/registration)
- Overstock (free Club O membership)
- Levis (15% discount w/registration)
- West Elm (15% discount w/registration)

**Bad Jokes**
What is the best Christmas present in the world?
~ A broken drum, you just can’t beat it!

**Comments?**
Send them our way! Email us at: Graduate.Student.Council.Student.Life @dartmouth.edu