

From: "Lumosity" <newsletter@notifications.lumosity.com>

To: jeevacation@gmail.com

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Shaking off the winter blues

This month's roundup is all about shaking the winter blues, the first signs of green for spring, and staying present for it all. Because if you're like us, no matter how much fun you're having this winter, it's impossible to contain the excitement of spring having sprung.

From our winter to-do list to yours

Tips we love for making the most of those lingering wintery days.

[Beat the Winter Blues](#)

The first green of spring

Saint Patrick's day is one of the biggest drinking days, which got us thinking about the relationship between alcohol-intake and cognitive performance — what we found was surprising.

[Learn More](#)

Mindfulness: An activity for all seasons

The power of being in the moment and reducing stress.

[Learn about mindfulness](#)



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Have questions? We're here to help! [Contact us](#) anytime.

Lumos Labs, Inc. | 140 New Montgomery, Floor 19 | San Francisco, CA 94105