

# HEALTHFUL TIPS

## Keep Your Spirits High

### *Keeping Yourself Motivated During the Winter Blahs...*

The first signs of cold and snow come with the holidays as a distraction. But those distractions are long gone. If we're not diligent, the winter blues—low energy, lack of motivation and mild depression—can set in. There is a lot you can do to keep a pep in your step and your spirits high until warmth and sunshine return.



How would your life be different if... You walked away from gossip and verbal defamation? Let today be the day... You speak only the good you know of other people and encourage others to do the same.

Steve Maraboli

### **Get up and go**

Exercise improves your mood, relieves stress, and gives you more energy. It's nature's own anti-depressant. Add some music or phenomenal scenery and you've got a recipe to blast the blahs away.

### **Soak up the sun**

Yes, the sun can be elusive this time of year—so make your own! Light boxes are readily available and 30 minutes may leave you with more energy throughout the day. Full spectrum bulbs, which mimic natural daylight, are another option to research. Vitamin D is activated by sunlight—ask your doctor to check your level and supplement if necessary. When the sun does shine make sure to soak it up, take a walk or simply sit in the spot where it streams through the window.

### **Eat right**

You may be craving sweets, processed foods and alcohol, but don't give in. Blood sugar swings and low energy are what you'll end up with. Instead, nourish yourself with comforting vegetable and protein-packed soups and hot teas. Eat high-protein snacks between meals – like peanut butter on apple slices or a slice of cheese with a whole grain cracker. Try some healthy new recipes.

### **Plan a getaway**

Plan an exciting event to look forward to. It could be a week-long vacation in the sun, a weekend at an indoor water park or local hotel with a pool, a party, a sporting event, a night at the movies, dinner with friends or a day at the spa.

### **Stress less**

Long evenings indoors are the perfect time to practice stress reduction techniques—guided imagery, meditation, yoga, deep breathing exercises. Simply sitting in a quiet room with only the light of a candle can provide some much needed relaxation.

### **Find the beauty**

Notice the sparkling fresh snow, the brilliant sunset or a squirrel scurrying up a tree. Indoors the comfort of a roaring fire, the smell of apple cider or the peace of a long bubble bath might be part of the beauty you create for yourself. Reframe your attitude by seeking out and creating winter beauty.

### **Make the most of it**

Sledding, skating, snowmobiles, and cross country skiing are all fun activities that will keep you active and enjoying the season.