



WELLNESS MATTERS

SEVERAL WAYS TO KEEP THE WINTER BLUES AWAY

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The winter blues are not a myth as formerly suggested. One reason we feel a little blue this time of year is that winter is in full swing. Days are darker, nights are colder, followed by the reality of your Christmas spending and our realization of over eating. So now you are in the depths of winter which appears to be less inviting.

Winter blues are symbolized by lack motivation, sleep difficulties, over-eating, and irritability as well as depression and increased stress and lower energy.

Stay active! Talking yourself into going for a walk as temperatures plummet is not always easy but very rewarding. Taking a stroll earlier in day in order to get at least a little sunshine and if risk of falling on ice perhaps a mall with indoor access. Join a fitness class or do an exercise program at home regularly.

Improve your nutrition by eating a diet with a higher nutrient and antioxidant level. Boost your Vitamin D intake by drinking more milk and eating fatty fish. You will find your energy and positivity level will increase. Also get as much sunlight as possible. Don't overdose on pastries and carbohydrates.

Create a brighter environment in your home. Open your blinds, drapes every day. Maybe an extra lamp is required. Volunteer in your community helping others will improve your mental health and life satisfaction.

Turn on some happy tunes and listen or do your chores to music. Dancing is a super option.

Set yourself a sleep schedule for later evening and don't spend the day sleeping. It is not a healthy habit to get into frequent day sleeping.

Learn something new or take up a new hobby such as bird watching, dancing, swimming, indoor herb garden, knitting.

Connect with you friends and family as you can then share some of your positivity. Take part in ceremonies and activities to help build a strong community. Sharing a meal with a friend can increase connections and your sense of belonging. Smile and say hello to people around you. It's important take care of yourself so you can offer support to friends.

The winter blues affect many people to different degrees but they are manageable. If you are experiencing symptoms of lasting depression that are disruptive or debilitating you should talk to your Medical Doctor about it.