

How to Beat the Winter Blues



If, during the winter season only, you are:

- Bored and restless
- Irritable or tense
- Craving sweets and eating more than normal
- Feeling cooped up
- Lethargic
- Sad or down
- Fatigued or feeling "stir-crazy"
- Sleeping more than normal
- Grumpy
- Moody
- Losing interest in sex
- Having trouble concentrating

... it's likely that you are experiencing a case of the winter blues, also known as SAD
Seasonal Affectiveness Disorder. (over 10 million Americans affected)

The good news is that there are ways to turn your winter blues around in no time at all.

- **Get regular sun exposure** – 20 minutes is recommended in am so eyes can absorb & process Vitamin D to help brain chemicals & healthy hormone balancing. This also supports our bodys daily schedule for converting food intake & other exposures into useable energy output.
- **Exercise boosts mood** – a natural mood enhancer
- **Drink extra good water**
- **Resist comfort food cravings**
- **Follow your natural inclination to sleep at night** – helps your adrenal glands
- **Optimize your Omega-3 fatty acids**
- **Use an effective air cleaning system**
- **Change your routine**

Air, Water & Wellness
www.airWaterAndwellness.com
503-524-4862

Sometimes making small changes in your life is an excellent way to pull yourself out of a funk.

The following ideas are very simple, but they can make a big difference in your day and your mood:

- Listen to a favorite music or relaxation CD
- Use some aromatherapy oils that you enjoy
- AM – start with stretching, meditation, healing movements
- Start a Gratitude list, and a daily list of goals & dreams
- Journal to reflect on your emotions or day's activities
- Change decorations in your home, or re-arrange furniture
- Take a technology break, power-down wireless devices for 24 hours
- Treat yourself to a massage, foot reflexology or warm bubble bath
- Prepare a special meal for yourself, family or significant others
- Organize your living space (clearing clutter can be calming)
- Call an old friend, be open to releasing forgiveness or junk
- Use a lightbox that has full-spectrum light – in the am for 30 minutes
- Pamper yourself with a day of healthy food, healthy water, good books and other favorite activities