

Beating the Winter Blues

Lift your mood in the dark days of winter (or any time):

Stay active - The more you move the happier you get! It does not matter what you do just stay active. Start a yoga practice, get a gym membership. When we are active we literally are producing happy hormones in our brain. As difficult as it may seem to start, the more active you can stay the more you can chase away the winter blues.

Eat healthy - When we are feeling down a lot of us will turn to comfort food. Understandable, but a lot of times that will also make us feel more lethargic and more down in the dumps (either through guilt, shame or just physically). Not saying you have to change your whole diet but make sure that you are eating your fruits and veggies. There are also many healthier options for some of your favorite comfort foods find some new recipes, you may find some new healthier favs!

Be mindful - When our mood starts declining use mindful practices to lift your spirits. The more you can be mindful of the thoughts that are fueling your mood the more you can get a handle on them, before they get out of control. Watch your thoughts they can either lift you up or drag you down!

Practice gratitude - The simple act of practicing gratitude can change your mood. When we shift our thinking from negative to positive our mood automatically follows. Start a daily gratitude practice and see how quickly your mind begins to start looking for the good! Instead of focusing on the cold, darkness of winter be grateful for the warm house you live in, the kids building snowmen in the neighborhood, the warmth of the fireplace etc. Switch your thinking, switch your mood!

Stay grounded - Naturally we ground ourselves when the weather is nice. We spend time in nature, we are more likely to walk barefoot on the Earth, we are working in our gardens or yards touching Mother Earth, naturally we are grounding ourselves. In the winter we don't do these things, so we need to intentionally ground. There are numerous ways to do this one of the easiest ways to do this is spend time in nature, touch Mother Earth, hug a tree (literally) if you really don't want to go outside then get some house plants and spend time with them, they can help ground us too!

The winter blues aren't fun these steps can help lift your mood and make your winter a little less depressing!

Looking for more ways to create a happier life then coaching is what you are looking for!

Contact me for a free 30-minute free consult to see how I can help you:

Learn to TRUST. Use your STRENGTH. Tune into WISDOM.

And all the other ways coaching can assist you in moving forward, so that you too can

CREATE A LIFE YOU LOVE!

Tara Stricker

TSW Life Coaching

www.tswlifecoaching.com

Phone: 403-594-3926

Email: tsw.lifecoach@gmail.com

