



'Bashing the Winter Blues'

For my daughter who has not seen Winter in two years, yet this year finds one again. All the best to you and have fun!

- Blue light every morning:** When you wake up for ~ 20 minutes. (option: Phillips goLite)
- Vitamin D:** You are likely too far north to get enough vitamin D from sunlight & you are likely are not outside enough anyway.
- Lotion:** 'Working hands' lotion for those dry and cracking fingers.
- Humidifier:** For that dry mouth that likely forces mouth breathing at night. (option: Vetta)
- Stretch:** Morning stretching routine to re-learn how to move.
- Night warmth:** An electric blanket for those nights when you cannot find warmth anywhere.
- Day warmth:** Try warm shirts & leg tights close to the skin, underneath your many layers.
- Inspirational reading:** Finding hope in what others have already done and finding yours again.
- Mindfulness:** A longer meditation to let go & to also contemplate what is next for you. Other forms of letting go – Prayer, Yoga, Writing/Journaling, System (option: Getting Things Done by David Allen.)
- 5-minute journal:** Try writing on anything for 5+ minutes every morning. (option: Tim Ferris)
- Progression:** Find something that CLEARLY progresses in measurable growth. The simplest forms of this are physical: increase number or reps in weight lifting, increase in the size of a muscle, increase in the strength for a given size, etc. An alternative is a simple 'Better & Better exercise: just write down how you go better over this past week. A second alternative is to select a skill to master, something different than your everyday life: a martial art move, juggling, etc.
- Plan:** What is it that I always wanted & am I doing this key practice each day?
- Seasonal rest:** Winter proposes a stillness to the always moving, a message to slow, to understand what has happened & project learning onto what is next for you.
- Sleep more:** A longer night to undo the weariness of doing so much for so long.
- Exercise:** To break a sweat getting ready for the adventures of the Spring/Summer, while getting warm in the present moment.
- Movement & Outside:** From your Grandfather, "Just move, just get moving outside".



- Shower:** A longer hot shower, maybe spending an extra few minutes relaxing those stiff & cold muscles.
- Dream:** A clear starry night to find a dream, yet pursued & contemplate if its time is now. Slow down to think with a warm cup of coconut milk infused with dark chocolate.
- Picture:** A key memory or dream picture of what the future might bring. Look at it each day!
- Measure:** Morning resting heart rate to determine if you see that increase of ~10% knowing that sickness is coming.
- Water:** ½ ounce per pound of body weight, doubling it at the first sign of sickness.
- Garlic:** Raw or in pill form at the first sign of sickness.
- Oils:** Tea Tree oil to combat viruses, see your Mom for oils for any ailments.
- Clean:** Add an allergic mattress cover over your bed, wash your sheets more frequently, clean your HVAC filters more often, etc.
- Escape:** Go to someplace warm for a short or extended staycation find your strength again.