

Here comes winter!



Yes, winter can be fun! It all comes down to your attitude about winter and what you do to survive the winter months. You have two choices, you can stay at home hibernating, complaining, and feeling sorry for yourself that winter is so terrible, or you can look at the positive side of winter and make the most of it.



One of the best ways to reduce stress and improve your mood is through exercise. Winter offers many activities such as skiing (downhill or cross country); skating, snowshoeing, sliding and even snowball fights. Try it, you may find you enjoy these activities more than you think you would. Don't forget to dress warm!

Eat healthy. Eating healthily will not only help you not gain those unnecessary pounds but it will also help improve your mood.

Take a vacation to a hot destination or a weekend shopping trip. Or, use the winter months to start planning and saving for next summer's vacations. Having something to plan for and look forward to can help you get through those long winter months.

Do something you've been meaning to do for some time but just haven't had the time. It may be reading a book, taking a course, finishing a project you started, learning how to cook something different, etc. Winter is great for sitting around the fireplace with family and friends drinking hot chocolate or apple cider and/or watching a movie, taking a sleigh ride.



The above are just a few ideas and suggestions to help you survive the winter. Remember it's all about your attitude, so go out there and do something new and fun. And don't forget, spring will be back before you know it.