

# Words of Wellness



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## HEALTH IN THE NEW YEAR

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### 8 ways to cope with the winter blues

Do the chilly, gloomy days of winter make you want to curl up under the covers and stay there until the sun shines again? You're not alone. During our dark and rainy East Coast winters, we get less of the mood-boosting help of sunlight, which may set the stage for the winter blues. What can you do to beat the blues when the short, dark days are getting you down?

### 8 ideas to get past the winter blues

1. Exercise (bundle up for a walk outside).
2. Check your vitamin D levels (Get supplements if needed).
3. Get some light therapy (Johnson's covers this).
4. Eat a healthy diet (more fresh, less processed).
5. Stimulate your senses- diffuse an essential oil.
6. Nurture your spirit- do things that you enjoy.
7. Plan a trip to a sunny place.
8. See a counsellor/therapist.



### Fun winter activities checklist

- Have a snowball fight.
- Go sledding, snowshoeing, or skiing.
- Catch snowflakes on your tongue.
- Make a snow angel, snowman, or snow fort.
- Collect pine cones.

For more ideas on fun winter activities check out:  
[realsimple.com/work-life/entertainment/winter-activities](http://realsimple.com/work-life/entertainment/winter-activities)

### To keep your skin smooth and hydrated, follow these simple steps daily:

1. Avoid taking long hot baths or showers, or using saunas, during the winter months.
2. If you take a bath, add a few drops of essential oil to the water to help moisturize the skin: jasmine, chamomile, ylang-ylang, neroli, lemon, geranium, rosemary, peppermint, or clary sage.
3. Lubricate skin with essential oils or pure cocoa butter after showering or bathing.
4. Exfoliate dry skin with a gentle body scrub as often as needed.
5. Use a humidifier in your home and office, or keep a bowl of water on your radiators to add moisture to the air.
6. Make sure you're getting enough good fats like omega-3 and omega-6 fatty acids in your diet (not the deep-fried, junk-food kind).

### Jokes

**Q: What do you get from sitting on the ice too long?** A: Polaroids!

**Q: Why did Frosty the snowman want a divorce?** A: Because he thought his wife was a flake!

source: [jokes4us.com/miscellaneousjokes/weatherjokes/winterjokes.html](http://jokes4us.com/miscellaneousjokes/weatherjokes/winterjokes.html)