

# Reenergizing Resolutions

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It can be particularly challenging to get energized in the winter months, especially as winter progresses. The cold weather entices us to hibernate and slow down. While slowing down is good for bears and woodland creatures, it's not always great for us humans. It is reasonable to slow down a bit, but I recommend creating a balance in your wintry lifestyle by making some reenergizing resolutions.

SAD and SSAD can also bring down energy levels. Symptoms of SAD (Seasonal Affective Disorder) include sleeping more, lagging energy, overeating and depression. Only about 5% of people are affected by SAD. But SSAD (Subsyndromal Seasonal Affective Disorder), a milder version of SAD, is a bit more common, affecting about 14% of people. Even without SAD, the cycles of the year affect everyone, and your instinct may be to slow down in winter.

Here are a few ideas to get you reenergized!

## **Energy And Renewal With A Good Night's Sleep**

Getting a good night's sleep will increase your energy and improve your mood. There are many other health benefits to a good night's sleep, including improved memory, sharpening attention and spurring creativity. It is especially important in improving athletic performance or feeling up for your work-out. And, don't forget the power of the nap!

## **Try Something New**

The beginning of the year is an outstanding time to reevaluate your lifestyle. Consider adding something to your life that boosts your overall life satisfaction. The world truly is your oyster for trying something new. You could learn a musical instrument, sing in a choir, get back to reading, write, collage, color in adult coloring books, get experimental in the kitchen and more!

## **Combine Movement With Music**

In the winter, we find ourselves sitting on the couch more often. One of the best ways to get reenergized is by combining movement with music. Dance in the kitchen, listen to music while doing housework and while at the gym. Maybe even take a dance class. Adding music to your everyday life will boost your energy and improve your mood.

## **Surprise Your Metabolism**

Having a strong metabolism is important for maintaining a healthy weight. Boost yours by intensifying your exercise routines for quick bursts of energy that will also keep you going all day.

## **Clean It Out**

Consider cleaning up your diet with a focus on adding healthy foods. It's an easy way to introduce yourself to healthy eating. Start your day off with some pan-fried sweet potatoes, sautéed chard, garlic and onions and an egg. A vegetable soup is another fulfilling, yet healthier alternative; feel free to add in some chicken or beef. Or, enjoy a dinner of pan-seared fish, rice and a side of vegetables or salad. Your body will thank you!

## **Embrace The Beauty Of Winter**

Try bundling up and going out for a walk. It might seem like the last thing you want to do. But, if you are bundled up and toasty, your body will thank you for the exposure to fresh air and maybe even blue skies. There are plenty of winter activities you can enjoy: downhill skiing, cross-country skiing, ice skating, snow-shoeing and ice fishing, to name a few.