



mindful hub

well-being, right now.

Stoke your Energy in the Winter Months

If you live in any part of the world that has distinct seasons, you may feel sluggish and tired during the winter months. Energy levels often drop, related to the darkness coming earlier in the day and the cold weather. Sleep patterns can shift, you may be eating heavier foods, not getting as much sunlight and decreasing your exercise patterns. Here are some tips to keep your energy level up even when it's snowy and cold outside:

Keep moving: Exercise during the winter months will help you stay energized. If you can tolerate running or brisk walking, it will not only give you a cardiovascular workout but also get you out in the sunshine. This will naturally increase your energy level, release healthy endorphins and keep you feeling fit.

Maintain a regular sleep schedule: In the winter months, you may be tempted to sleep in. However, this can result in feeling sluggish all day and can wreak havoc on your body when you need to wake up early. Stick to the same sleep schedule you keep in the summer months. If you have trouble waking in the morning, try an alarm clock that uses natural sound or light to encourage waking versus a loud alarm sound.

Use restorative yoga as a way to nurture the body: As much as exercise can provide a natural “wake me up” sensation, it’s also important to take time to slow things down and restore your body’s systems. The end of the week is a great time to invest in a restorative yoga class; one that uses props as a way to support longer holds. While you leave feeling a bit sleepy and relaxed, this slower flow will help keep you balanced.

Eat for the season but stick to fresh foods: The fall and winter months bring a shift in availability of certain fruits and vegetables but with it, comes greater accessibility to items like brussels sprouts, kale, parsnips and sweet potatoes. Hot soups with healthy vegetables, tofu and broth can warm up the body while providing a substantial infusion of nutrients. Instead of giving in to the urge to eat macaroni and cheese, mashed potatoes and creamed soups, stick with lighter options. You’ll naturally feel more energized because your system won’t be focused on digesting heavy food.

Use outdoor winter chores as a way to relax with the season rather than fighting what is: Raking leaves, shoveling snow, taking the dog for a walk in the crisp air, cross country skiing or winter trail running are all great ways to leverage the season’s fresh air, get your exercise and let go of the frustration you have around the season. This will naturally help you release tension and start to feel more energized and happy.

Meditate: A must-have mindfulness technique, when you’re feeling sluggish and frustrated with the challenges of the winter months, find a cushion, chair or yoga block and have a seat. Take a few minutes to breath deeply, letting the feelings you have naturally rise to the surface. Acknowledge them, release them and after a few minutes, open your eyes. You’ll feel restored and more at peace inside, regardless of the weather outside.

To get started with a mindfulness practice, visit mindfulhub.com.

We wish you 20 minutes of mindfulness each day!

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