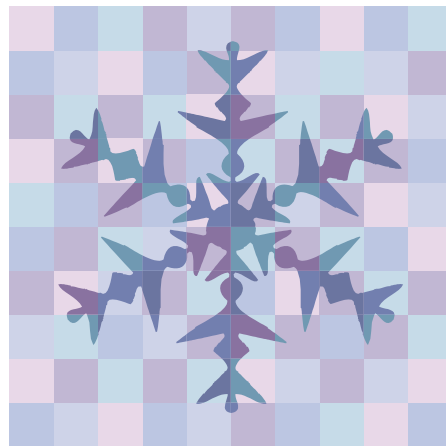


7 Survival Tips and Tools to Transform Winter woes into Winter WoWs!



1. Dig out some good **books** that you have been waiting to read or skim through. The topics might be the following: Health and Wellness, Childhood fairy tales Crafting/Hobby, Self-help and/or Organization. I find that I love to think of winter as the season for planning-So anything that is focused on health and wellness, nutrition, or gardening even organizing spaces are some of the topics that I especially love at this time of the year. One of my favorites I am reading right now is Eating Healthy for the seasons by Elson Hass. It is a great book if you want to learn why it is important to eat certain foods at certain times of the year plus there are lots of great tips and advice on what you need to be eating.

2. Stock up on some nourishing **teas**. Nothing warms the ChF1s and advicp k-5

4. **Journal** how you are feeling, your dreams, aspirations, things you want to see change in your life. When we change our thoughts we change our life, but first we have to address what needs to be changed. That train wreck of thoughts will just keep you stuck on the wrong track and for some wake you up at 3AM. Get clear on how you feel, what you want, what you don't want by writing it down on paper first. You will feel 100% better, and in control of what happens next. Knowledge is power and puts YOU in the driver's seat where YOU belong.

5. Borrow, buy or download some **meditation tracks**, experiment with different kinds. Breathing, chanting, guided, silent are just a few. Not everyone meditates the same way. There are so many resources out there that you are bound to find something that really works. Find your style, find your groove. Meditation is the single most proven technique that lowers blood pressure, reduces anxiety, keeps you calm and centered and enables you to focus on what really matters to you. Try it-I guarantee that if you stick with it, it will change your life forever.

6. Recognize what really is **comfort food** and what is an imposter. Don't get me wrong, I would love a nice big heaping of my Mom's homemade macaroni and cheese every week; but my hips won't thank me for it and chances are the dairy might clog up my nose and sinuses. Moderation is key and even moderation in moderation. I discovered that what I thought was comfort food in the long run has made me uncomfortable. So these days I am opting for less sugar, carbs and dairy and replacing it with more natural organic healthy choices like fruits, greens, nuts, fish, poultry and funky vegetarian dishes.

For snacks I prefer crunchy and salty so I look for products made with more natural flavors that are unique and different. Some of my favorites are popcorners, seaweed rice cakes w/ avocado, sunflower/pepita seeds and anything from Nature Box. It is all in the attitude. If you feel like you are missing out-then you will not be pleased with your choices and you won't feel satisfied. But if you look at it as a challenge and one that you want to conquer-then you might find yourself having a grand old time and feeling much better that you could have ever imagined.

7. **Organize**, organize, organize. Pick a room, grab a box and start de-cluttering and sorting through. What better time to de-hoard, de-clutter and tidy up your cozy little nest then on a weekend or weekday when you are stuck inside and should not be going anywhere. Not only will you feel better that you tackled a room or two but you just might discover a long lost treasure that you can add to your winter survival kit. Start small, put on some music or a motivational CD and go through every thing you own with a fine tooth comb. Do you love it? If yes-keep it, will you use it-yes-find the appropriate spot for it. Do you know some one else who might be able to use it or might even love it? Put it off to the side and give it to them the next time you see them. If you don't love it, have a place for it, or have not used it in over a year-chances are you really don't need it and won't miss it –junk it, donate it or gift it. The more you let go of things you don't need the more focused and receptive you become to what you do need. And when you are focused and receptive to what you do need-the universe has a wonderful way of providing that for you when you are ready.

