

Natural Healing Express Weekly

Column Volume 68 Ten Ways to Beat Cabin Fever

How are those resolutions coming along? Are we still working out and eating right? I hope it's all going well! This week we'll chat about ways to beat those winter blues that sometimes lead to seasonal affective disorder. Let's start out with a funny old quote – "everybody talks about the weather, but no one does anything about it," by Charles Dudley Warner. We may not be able to change the weather but here are 10 ideas to help beat the blues, (or grays which the sky looks like)!

10.) Take a Walkabout (as our Aussie friends would say) – Bundle up, add that extra pair of socks and gloves and simply take a walk in our Winter Wonderland. We are truly blessed in our area with some of the best scenery in our country. Go take a look. It doesn't have to be far or painful, just take a stroll through town or the countryside near you. You will be surprised at how much you see when you're really not looking.

9.) Host an Old Fashioned Snowball Fight – Rally up the neighborhood brats and split into teams. Give them a good set of rules such as no hitting the supervisor and let it roll. I saw at Bed Bath and Beyond they had a snowball maker that produced 12 balls at a time. Note to future engineers out there, Mom's Muffin Pan would work just the same.

8.) Take an Online Class – Work Out your mind while doing something you enjoy and get a certificate for it! For those of your interested in herbs and general natural health knowledge, go to www.herbalhealer.com . Marijah offers several interesting classes. The website is a bit, well, ah, "wordy", but scroll down to the middle where the pink area is and click on "classes."

7.) Get Your Vitamins in Order- This time of year is a good time to take inventory of your vitamin and supplement collection. Throw out what's old, decipher what is working for you and figure out what you may need to purchase. When serotonin levels fluctuate it is a great idea to have extra Vitamin D on hand. If you are having trouble sorting out what's what, bag up your goods and bring them to Natural Healing Express, we'll help you.

6.) Pay it Forward – Do a good deed for someone else, the more anonymous the better. I am an advocate of" buying" karma whenever possible. Treat the table next to you to their coffee, buy a few carnations and offer one to those you may know who never receive the gift of flowers, let someone go ahead of you in a line, there are a million ways to pay it forward and trust me, both of you will be smiling. You from gifting and them from wondering what the heck is going on.

5.) Write a Nice Note to Someone – Maybe there is someone in your family who you send cards to for various occasions but never actually write a note to, or a person in your community who is making a difference but doesn't hear it enough, a school teacher, police or fireman or even a pastor. Sometimes the biggest reward isn't their salary; it is the acknowledgment that they are making a difference to someone. A note of encouragement is always appreciated. What are you going to do with all those blank cards in your box anyways?

4.) Host a Card Party – There are plenty of folks that love to play euchre/cards and don't have enough for a round. Host an open house card party! If you would like to host a party, but don't have the space, call us, we can help make your party a reality. People Up and have some fun times with folks who may not otherwise get to know. Share yourself.

3.) Get to your Happy Place – Take winter vacation or plan a future vacation to somewhere you have always wanted to travel. Maybe you can't book the tickets now, but you can cut out pictures from magazines, begin your plans and visualize yourself at your happy place. And if it involves somewhere warm with a swim up bar, please share!!

2.) Good Music with a Light Show – Adding more light to your day in the dark winter months is one of the best recommended therapies for Seasonal Affective Disorder. There are various bulbs available at Menards that emulate sunshine. Light helps to attain a more energetic and cheerful state.

And, Vitamin "M" as I call it or Music just soothes the soul. (more on this later) One of the most uplifting categories of music ever is disco. If the BeeGees can't lift your spirits, then, well, I don't know, try some gospel. Turn on the good stuff and let your spirit soar and move a little, could it hurt you? Dance your own special dance.

And the number one way to beat the winter blues is:

- 1.) Be Good to Yourself – Quit mentally beating yourself up that something is wrong or that you are not enough or that you should be this or should be that. YOU are ENOUGH. You were put on the planet for a reason and have great purpose in front of you, despite what your mother in law may say. LOL. Change your beliefs and be good to yourself. If those around you aren't appreciative, then find your flock.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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