

Beat the winter blues

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The winter months can be a real difficult time for some people like myself. Some days you may even find yourself tired or depressed. The following tips are some natural and healthy ways you can start to feel better and get your energy back.

- Go outside
 - While this may contradict what you normally would think to do during winter, it may be just what your body needs. A lot of these feelings of depression has to do with the fact that we just aren't getting as much sunlight as we do in the other seasons! Our bodies produce vitamin D when we absorb sunlight which can help fight off depression. If you absolutely can not imagine stepping outside, you may want to consider taking a vitamin D supplement.
- Workout for energy
 - Exercising releases endorphins in the body... which is the feel-good hormone. If you are feeling sluggish, workout rather than drink coffee or soda. You will actually feel better and you won't experience a crash like you do with coffee. Doctors recommend 3 days a week of vigorous exercise, or more days of less strenuous exercises. Either way, nothing beats depression like a good workout.
- Say NO to coffee and YES to green tea
 - Coffee increases anxiety and while you may feel focused for those first few hours, you will experience a crash which can leave you more tired than before. According to many health professionals green tea has important antioxidants that help maintain good health. So you still get a little caffeine plus a whole lot of benefits.
- Manage stress
 - Stress is part of our lives so you can't avoid it. However there are ways to manage it before it begins to have negative affects on you physically, mentally, or spiritually. Whether it's prayer, thikr, reading, meditation, art, etc... find something that relaxes you and stick with it. It may just help keep your winter blues in check!