

DECEMBER 2021

Simple Steps to Energize Your Fitness

It is important to manage your time and energy efficiently, especially during fall and winter months when the days are shorter.

Check out these tips for time and energy management:

- Say 'Yes' a lot less frequently
- Go to bed earlier and wake up earlier
- Create a list of priorities and stick to it
- Allocate some time every day for personal care and self-improvement
- Give yourself timelines and deadlines

The best way to manage your time and energy is to recognize that neither are limitless. Don't be too hard on yourself, and control what is within your control. Try not to stress too much about things that are NOT within your control.

Learn and implement the following techniques to help you overcome the winter blues:



Spend time Outside

Put on a jacket and ear muffs and get outdoors. Smelling the fresh air can be a major boost and stress reliever for you.



Exercise

Moving your body and getting up a sweat will help your body produce more endorphins (i.e., happy hormones). If you feel yourself getting down, go take a walk!



Laugh/Smile

Laughing is an unspoken cure for the 'winter blues.' Call up a friend, play board games, watch a funny movie with family – just laugh, smile and do things that make you happy.



Eat Healthfully

Sometimes your body is out of balance because you are not giving it nutritious foods. Make sure to get all your nutrients so your brain can function healthfully and, in general, you will feel better.



Speak with Someone

Talk to a close friend or family member about how you are feeling and get their advice. If you feel this is more serious for you, seek out a clinical therapist's assistance.