

If you have found yourself grumpy, tired, or anxious lately, you are not alone. As sunlight decreases during the short days of winter, many people struggle with Seasonal Affect Disorder (SAD). Fortunately, there are a number of things that you can do to give yourself a fighting chance of beating the winter blues.

1. Smile! When you smile, you excrete happy hormones. Let everything in your life light you up. Find simple pleasure in that first cup of coffee for the day, or the beautiful patterns that the frost leaves on your windows. Be grateful and in the moment.

2. Stop the negativity. It is so easy to fall into those negative loops, but we have to let go of the past and enjoy the present. We don't know how many "todays" we still have. It may not be your dream life, but there are things that you love in your life. Let that be enough for right now.

3. Add the light! The sun brings in Vitamin D and makes us happy. Use light therapy to replicate natural sunlight in your home, and use SAD lamps in the wintertime.

4. Serve. This may mean different things to different people, but find a way to help others without expecting anything in return.

5. Get the clutter out of your house. Visual peace brings inner peace.

6. Read an uplifting book. Join a book club, or start one with a friend.

7. Stay the course with an anti-inflammatory diet. (The Hot Melt Sprint is a fabulous place to start!) Remember, the sugar blues are called the blues for a reason!

8. Stop procrastinating. Remember, you have a choice between two pains - the long-lasting pain of regret or the momentary pain of doing it anyway.

9. Put on some uplifting music and dance!

10. Journal, meditate, hydrate, get 7-9 hours of sleep and start your day with 3 gratitudes.