

5 Tips to Conquer COVID in the Cold

Summer is over—let's start serious planning for optimum mental health this winter.



So, let's say we made it through the past 5 months. How did we do it? We planted vegetables, we grew flowers, we revamped outdoor spaces, we went on bike rides, we found new ways of staying connected virtually, we baked bread, we homeschooled—so basically, we're professional pandemic survivors.

The curtain closes and a new scene begins, enter the fall and winter months. Now, if we don't live in a southern

location, we may be getting a little anxious about how we are going to do this again in the heart of the winter?

You've got this, and we have some great tips to help you make it through—***you professional pandemic survivor, you!***

5 TIPS TO CONTEMPLATE

TIP 1 - Keep doing the things that worked for you the first time around.

For example, if being outdoors was your best medicine. Keep it up. You may just have to alter things a bit. How about an outdoor heater? Fire-pit? Warm, comfortable winter boots? Snowshoes? Cross Country skis? Heavier outer gear? And there are many outdoor family activities to embrace like sledding, ice skating and building snow forts (*channel your inner 7-year-old*).

TIP 2 - Grow plants all year round.

Keeping in touch with nature has many psychological benefits. Being surrounded by plants can improve your mood, reduce stress, and anxiety and encourage healthy eating by growing herbs and vegetables inside all winter long.

TIP 3 - Turn the light on.

If you suffer from Seasonal Affective Disorder or SAD, seriously consider a light therapy lamp ([on Amazon starting at \\$19.99 and up](#)). According the [National Institute for Mental Health](#), "*Symptoms of SAD may be relieved by sitting in front of a light box first thing in the morning, on a daily basis from the early fall until spring. Most typically, light boxes filter out the ultraviolet rays and require 20-60 minutes of exposure to 10,000 lux of cool-white fluorescent light, an amount that is about 20 times greater than ordinary indoor lighting.*"

TIP 4 - Stock up on your Vitamin D before the season hits.

Don't wait until you are feeling down, start taking the supplement early in the fall. Some studies suggest that pairing the supplements with light therapy can really bolster the outcome.

TIP 5 - And finally our favorite one—**Create your own Hygge house.**

hy · gge

[hue-gah] *noun*

A calm, comfortable time with people you love. A complete absence of frustrations, or anything emotionally overwhelming, often enjoyed with good food and drinks, warm blankets and candlelight.

Merriam Webster definition - *hygge* is a Danish word (pronounced *Hue-Guh*), meaning a quality of coziness that makes a person feel content and comfortable. BUT it also is a feeling of being content in the moment alone or with family and friends, recognizing it—AND then thoroughly enjoying it.

The Danish created Hygge to survive long winter months, cut through the mundane, and survive the lack of sunlight. Here are some ways you can create your own Hygge

a.) Create a warm hygge-lit atmosphere (all year long) with candles, string lights and twinkle lights. Don't think you have to buy expensive candles; the flame free candles create a great hygge-lit coziness and are very economical.

b.) Put a kettle on. Warm liquids like coffee, tea, hot cocoa is essential for achieving hygge. Make it a ritual.

c.) Get the snuggly stuff out. Fuzzy socks, soft blankets, winter comforters, pillows, flannel pajamas, warm sweaters and hats are perfect to add to your hygge snugification.

d.) Dust off that slow cooker. Slow things down, including your cooking. Think healthy soups, stews, roasted chicken—cooking longer and slower produces comforting aromas throughout your hygge nest.

As we round the next corner, rest assured there are things we can do, to not only pull us through these unprecedented times together, but you might just **get a glimpse into what your *new normal* should have looked like all along.**

Now more than ever, we need emotional support and resources. The pandemic has created a whole new set of physical, financial and emotional stressors that have woven their way into the home and workplace.

When you partner with Ulliance, our Life Advisor Consultants are always just a phone call away to teach ways to enhance your work/life balance and increase your happiness. The Ulliance Life Advisor Employee Assistance Program can help you come closer to a state of total well-being.

The Ulliance Employee Assistance Program can address the following issues:

- Stress about work or job performance
- Conflict resolution at work or in one's personal life
- Marital or relationship problems
- Child or elder care concerns
- Financial worries
- Mental health challenges
- Alcohol/substance abuse
- Grief
- Interpersonal conflicts

Contact Ulliance for Support and Resources



Ulliance provides no cost, confidential, short term counseling for you & your family. Contact us at **800.448.8326**