

# 'Beat the Winter Blues'

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## Health On Hand Mansfield

### • Want to know how to beat it?

February is always a hard month, with December and the Christmas party mood looking so very distant and January has just flown by, we find ourselves marching on into February. Some people are posting on social media about how much fun they are having, sledging, building snowmen and drinking hot chocolate. You might be there thinking, "When will this end", "when will the cold go?", "when will we start to see a glimpse of the daffodil bloom in march?".



February will start to drag, you find yourself having less energy. You start to think that everything requires that little bit more effort; work, writing the smallest and simplest of emails etc. You find

yourself waking up later and later and when you are awake you find it hard to stay awake. We all know that feeling. As you start feeling a little more lost in February you start to worry about your health; "why is that new year's resolution not going so well? "

That holiday you just had feels like it was a lifetime ago, The holiday season does take its toll on people, it was said by neuroscientists in Illinois that "it's more than likely during the 10-14 days of the holiday season with Christmas and new year's, we tend to go overboard, even in the best sense – overeating, overdrinking and not sleeping enough – that all sets the stages for the post-holiday crash"

You find that the holiday season becomes a dream, and just overnight you find that dream disappears, you find there is a real sense of loss with this, and of course it can make us feel sad!

Well lets change that, make February fun, make it different, do something a little new in work,

Don't dwell on what you had, start to think on things you could have, moving forward knowing that it will be back.

Take advantage of the break in that new routine you built up over the festive period. Start by making some new office habits. Try something a little different, talk to someone new in your office, making polite conversations, you could find yourself making long lasting friendships.

Think about what you enjoyed while on your break, was it catching up with friends? Well why not try the same, squeeze in a 15-minuet hot drink catch up with them. Have a laugh and a giggle, it will make you feel so much better!

### A few ways to beat the 'winter blues':

#### 1. Get into the Right mind set:

Shape your mind with your vision and goals for the next 6 months, find a role model who does similar work to you, your parents? A friend? A celebrity? You can't look into their minds, but you can get



information about how they are thinking. Try to model what they have done right.

## 2. Eat Complex Carbohydrates

We all know holidays are for greasy carbohydrates such as pizza, garlic bread and tons of it. They give you short term pleasure, but they will make you feel sluggish and slow. Eat more complex carbohydrates such as, broccoli, spinach, courgettes and lentils. They take longer to digest, therefore they won't cause sudden spikes in your blood sugar levels which play havoc with your mood!

## 3. Exercise

This is the simplest way of beating the winter blues, and of course it's good for your spine! just 15 minutes walk in the middle of the day is enough to increase chemicals in your body to help regulate your circadian rhythm (the internal body clock). Even doing small exercising at work can help your health so much.

Even a small amount of exercise can deliver some significant health improvements; the National Health Service (NHS) states that regular exercise can bring a reduction in the risk of heart disease and stroke; a lower risk of depression; and a reduction in the risk of developing type-2 diabetes.

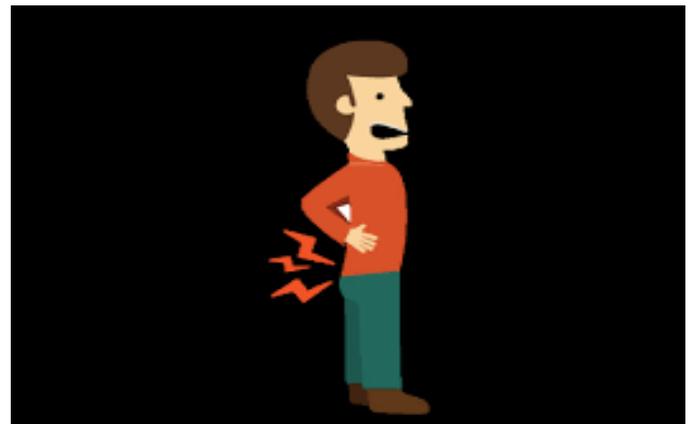
Why not take the stairs instead of the lift? This even though it doesn't seem like it, is a form of physical exercise. Exercise doesn't have to be running at a full sprint for 45 minutes, it comes in all shapes and sizes!

Organize a lunchtime walking group. Enjoy the camaraderie of others who are ready to lace up their walking shoes. You can hold each other accountable for regular exercise, and offer encouragement to one another when the going gets tough.

If you're on the phone, why not walk and talk? Unless you need to be at your computer at the same time, take advantage of the opportunity to stand up and move around while you're on a call. Every step counts!

Doing the little things in work will make the difference! Your back will love you for it!

The morale to beating the February blues is to look after yourself! Make your health the priority. whether it be emotional or physical, making sure that this is taken care of will ensure you can make it through February. Of course, looking after your spine fits into that also, so if you're feeling a little down and you feel that little niggle into your back or neck. Then come see someone who can help with that, see a chiropractor. We can help get you back to your best! Remember it is team work that makes the dream work!



For further information on chiropractic and if it can help you or your colleagues please call Health on Hand Mansfield, 15 St John Str, Mansfield, on;

**01623 635333**

Or visit [www.healthonhand.co.uk](http://www.healthonhand.co.uk)

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