3 Ways to Beat the Blues Find More Energy This Winter

I FIND JOY

Yes, it's easy to sit on our a** all winter long, eating snacks and watching movies, but we also need to move and be creative so we can increase circulation, leading to better moods, energy, digestion and more.

I'm curious, what brought you joy as a child?

Painting ~ Playing the piano ~ Swimming ~ Basketball~ Ice Skating ~ Playing Games ~ Running Outside ~ Dancing ~ Reading Fiction

I'd love it if you could schedule something this week that makes you laugh and be in the present moment. Even if it's only for a few minutes, it's a start! Get your family or friends involved if you'd like.

O INHALE THEN EXHALE

Of course we all breathe all day long, but are we REALLY breathing? I mean that good, slow, deep breath that gets oxygen to where it needs to go and calms our nervous system? Nope, probably not...

Here is one breathing technique that is amazing, especially during the winter time. It specifically improves sleep and brain function since it helps to merge the left and right sides of the brain for more energy and relaxation.

- 1. Use right thumb to close off right nostril.
- 2. Inhale slowly through left nostril. Pause.
- 3. Close left nostril with ring finger and release thumb off right nostril.
- 4. Exhale through your right nostril.
- 5. Now, inhale through right nostril. Pause.
- 6. Use thumb to close right nostril
- 7. Exhale through left nostril.
- 8. Repeat:

NOURISH THAT BODY

Did you know that we are not meant to be drinking cold smoothies and eating salads all winter long? Our bodies crave grounding and warming meals. It's also super beneficial to incorporate spices like cinnamon and turmeric.

Aim to be mindful of the food you are putting into your body over the next 24 hours. Focus on roasted root vegetables, soups/stews, herbal tea, spices.

You can do this!

Try the recipe on the next page! It's from my 5-Day Winter Blues Detox. I literally had a detox client tell me that this recipe alone was worth her investment in the detox & I'm so excited to share it with you for free!

Spicy Hot Cocoa

1 Tbsp. cocoa powder
Pinch sea salt
1/4 tsp. cinnamon
Pinch cayenne pepper
1 Tbsp. Coconut or almond milk
7–10 drops stevia (optional)

Place cacao powder, salt, cinnamon, and optional cayenne at bottom of cup and pour in hot water. Add stevia and milk.

Blend or mix with a fork to make frothy.



Shayna Mahoney is a holistic life coach whose mission is to give women hope to face their anxiety and fears.

She has guided many women through her unique HOPE Journey™, a holistic and personalized coaching experience to find peace and purpose within.

Want to Learn More?

Visit www.shaynamahoney.com to learn more about Shayna, her coaching programs, HOPE products and her 5-Day Winter Blues Detox!