

# Fighting Cabin Fever

The long, dark days of winter can be challenging. Cold and snowy weather conditions can keep us Northerners stuck indoors. Use this opportunity to catch up on procrastinated tasks, enjoy indoor activities and take care of you.

**Complete a home project.** Think about all of the things you'd like to accomplish over the winter season and make a list. Consider tasks such as reorganizing, cleaning, painting or redecorating. Finally organize your closet, fix up the basement or scrapbook your photos. Prioritize tasks on your list and select a project that is manageable. Do not begin too many simultaneous projects. Form a plan, create a timeline and get started!

**Be artistic.** Participate in crafts such as jewelry, woods, sewing, metals, painting or any other activities that spark your creativity.

**Utilize indoor activities.** Dine at restaurants, venture to the movies or visit museums and art galleries. If you would rather enjoy the luxuries of your own home, explore cooking or baking, curl up with classic literature, play board games or indulge in a bowl of fresh popcorn, steamy hot cocoa and a movie.

**Get fit.** Improve your health, lift your mood and boost your self-esteem with regular exercise. Go for a brisk walk, workout at home or participate in recreation at a local fitness center. Eat balanced meals and get proper sleep.

**Make time for outdoors.** Even if it is just for minutes, be out in the sun. Try outdoor activities such as skiing, sleigh rides, tobogganing, ice skating or ice fishing.

**Take a trip.** Pack your bags for a change of scenery and hit the slopes, an aquatic playground or a sophisticated city.

**Stay social.** Visit with friends and family throughout the entire year. Remember that you do not need to wait for another holiday to visit with loved ones. Go out somewhere or entertain guests near the fireplace at home.

**Help others.** Shovel snow for your busy or shut-in neighbor, check on the elderly or volunteer at local facilities such as hospitals or shelters. Philanthropy will benefit everyone.

**Stay positive.** Use the power of positive thinking: be as happy as you make up your mind to be.

Don't let the slush, snow boots and the dreary days of the season keep you down. After the holiday rush has passed, winter is the perfect time to relax or tackle projects that have been put on hold. Before you know it, spring will be here and it will be time to once again enjoy the outdoors.