

Winter Newsletter 2007

- **HOW TO KEEP THE GRAY OUT OF GRAYS HARBOR**
 - **MANDALA**
- **LESS OF AN IMPRINT THIS HOLIDAY SEASON**
 - **VIDEOS FOR THE HOLIDAY SEASON**

Dark frosty mornings, short gray days and the long cold nights of winter on the Harbor can for some bring feelings of sadness, depression, and the blues.

Here are some tips to keep the gray out: (always check with your doctor before exercising)

- Getting up at the same time in the morning even though it is dark. You could purchase a gym membership or just dust off the exercise machine and work up a sweat. Any type of exercise will help to get keep away the winter blues.
- Yoga and exercise has been found to help with depression. You could take an exercise class or exercising with tapes in your own home. If you use video tapes preview the tape first to get an idea of the technique and you don't need to do the moves perfectly to start with. Always, finish the exercise with a cool down.
- The winter months are a great opportunity to try some new, healthy, flavorful dishes. Good recipe resources are the newspaper, magazines, and internet. The local library has recipe books to borrow. Since people over indulge in sugar and carbohydrates during the winter months look for recipes with whole grains, fresh fruits and vegetables.

If you are in a life threatening emergency call 911 and if you are experiencing depression contact you local Crisis Clinic or Grays Harbor Crisis Clinic at: 360-532-4357 or 1-800-685-6556

Printed on the back of the newsletter is a Mandala. Coloring a Mandala can help people feel more calm, peaceful and focused. (Everyone's Mandala Coloring Book, Mandali)

My family has decided to forgo regular Christmas gifts in hopes of making "less of an imprint". This will be a challenge with all the urges to buy, buy, buy. Our plan is to give more time and energy than wrapped gifts. I will give an update in the next newsletter on our untraditional gift giving. My daughter sent me the article below I hope it inspires you to look at your "imprint".

10 Thoughts on Green Living

1. Living in tune with nature is an *invitation* to live creatively.
2. Extend the life cycle of your stuff. Find a *new* use for something old.
3. Nourish your soul; eat the freshest, most natural foods you can find.
4. Resolve to use *less*.
5. The earth is alive—it breathes, grows, *evolves*.
6. Enjoy an unplugged activity every day.
7. Think of nature as a *destination* in itself, not something to just drive through.
8. Your home is part of the environment. Keep it pollution-free.
9. Opt for quality over quantity. Value is revealed over the long term.
10. Change doesn't happen with a single action but with a series of *small* gestures.

(Reprinted from: Whole Living Body+Soul, May 2006)

Preparing for the holiday festivities can created family stress. Two older videos "**Home for the Holidays**", rated PG and "**Soul Food**", rated R depict families dealing with generational family joys and stresses.