

Chiropractic Newsletter | Well-Being

Winter's Hope

The longest night of the year, the winter solstice, is followed by the return of the light. Gradually, the sun begins to shine longer each day, bringing a new sense of hope. We have walked out of the darkness of autumn, and this hope for the future is something to lead us through the coldest days ahead.

With cold weather and dim light sticking around for winter, we can find creative ways to bring more warmth and light into our lives. Hot baths, candles, string lights, fireside chats with warm blankets, sauna, hot drinks, soup, and uplifting reading material are all some great ways to cultivate peace in this dark half of the year.

Winter asks us to balance between slowing down and keeping joyful connections with others alive. It is the perfect season for a book club, craft night, or a potluck and games. Children seem to have boundless energy even in winter, and it continues to be beneficial to get outdoors regularly.

Birdwatching is a favorite winter activity, and hiking can offer breathtaking scenery with a different kind of stillness than any other time of year, with geese overhead and snow crunching underfoot.

The bare trees offer a broader view of the skyline for stargazing, and owls are especially active in the late winter evenings.

By February-March, depending on local temperatures, the sap is rising in the trees, and several different tree species can be tapped to make syrup for a tasty winter project.

Nature shows us how to rest, reflect deeply, and nourish the roots and foundations of our lives, such as our homes, families, and bodies.

While the plants are dormant and the animals hibernate, we humans experience this as a dream time of our own. In the modern world, we sometimes have to make conscious decisions about slowing down this time of year.

Winter is an opportunity to dream up what comes next. In a practical sense, this can look like planning your garden, setting new financial goals, or getting into a new routine.

This is about nurturing our own vital force in this season of dormancy so it can be directed in actionable ways when spring returns.

We would not expect sunflowers to bloom all year long, so it makes little sense to expect that from ourselves.

By embracing the seasonal energy cycles, we nurture productivity in a sustainable way and may be less prone to burnout or seasonal blues.

All of nature is a teacher, and the lessons of winter are no different when we embrace the gifts being reflected to us. In the stillness of winter, we can find renewed hope, a vision to walk forward with, inner warmth, and peaceful stillness.

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10 Things to Do with Children in Winter

- Make bird feeders
- Go ice skating
- Build a snow house
- Work on a puzzle
- Learn to knit
- Make beeswax candles
- Go owling
- Make ice lanterns
- Bring hot cocoa on a hike
- Make cards for friends

Recipe: Deep Roots Chai

- 1 TBSP burdock root
- 2 tsp dandelion root
- 1 tsp ashwagandha root
- 1 tsp shatavari root
- 1/2 tsp ginger root
- 1/4 tsp licorice root
- 2 slices astragalus root
- 3 cardamom pods
- 1 cinnamon stick
- 1 quart of water

1. Simmer for 30 minutes

2. Strain

3. Add cream and honey to taste

4. Garnish with ground cinnamon if desired

(Those who are pregnant, have health conditions, or on medications should check ingredients with their wellness practitioner.)

Seasonal Foods

Onions, Garlic, Squash, Brussels sprouts, Cabbage, Beets, Carrots, Turnips, Leeks, Potatoes, Kale, Radishes

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