

Embrace the cold this winter

Rachael Hunter of Slow Living Events discusses ways that we can enjoy winter and make it fulfilling.

Winter is well and truly on its way. The sun is rarely out, it's cold, the days are short, and spring seems like a lifetime away. While this may fill many of us with dread, there are lots of things to love about winter and plenty of ways to help you feel more like yourself throughout the colder months.

The cold weather may not be everyone's cup of tea, but nature uses the time wisely and takes the opportunity to rest and rejuvenate. As we know, many animals hibernate during the winter months and the trees and plants allow themselves the time to move from one phase into another, preparing to blossom again in spring.

As in nature, winter is a perfect time for us to slow down, reflect on the year just past and make plans for the coming new year.

The key is to use your



time wisely. Spend time with loved ones keeping cosy indoors and enjoying much needed time together. Make progress with those projects you've been meaning to tackle all year. Read that book. Bake from your favourite cookbook.

Or for something more outgoing you can wrap up warm, go outside and take in some of the crisp, fresh air. Volunteer to help the needy; feed the homeless; donate blankets to your local dog shelter.

Back indoors, write a gratitude list. Do crafts or

colouring. Keep a journal. Enjoy herbal teas, breakfast teas, hot chocolate, warm cider. Enjoy a long, hot soak (and make sure to moisturise afterwards as your skin needs care in winter too). Take time out for yourself, whatever it is.

There will be days when you feel less motivated, and uninspired, especially this year, but that is okay. Allow yourself to feel these emotions and just make sure you take the time to nurture your soul and be kind to yourself.

More ideas and activities:
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