

# EMBRACING WINTER'S BEAUTY FOR SERENITY

Remember those early years when you got excited about seeing the snow fall? You couldn't wait to go outdoors and play. Then you became a responsible, busy adult juggling career and family. Winter quickly became more of a nuisance.

Why not view this season through the eyes of that inner child? And instead of bracing for another cold and snowy New England winter, embrace it! Find serenity in the magnificent beauty.

## WATCH FALLING SNOWFLAKES

This is an enjoyable way to feel immediate tranquility. On snowy days, take a few minutes every so often to simply stare at the glistening snowflakes. Whether you're at work or home, find a window with the best view.

If you can get outdoors, take a leisurely and invigorating stroll around the block or on your property. Get lost in the swirling winter wonderland. By focusing on nature's beauty, you'll feel more centered and relaxed.

## GAZE AT THE NIGHT SKY

Treat yourself to glorious star gazing.

On clear winter nights, bundle up, and step out to your deck or yard. This activity is fun to do by yourself or with family. Find a good sky viewing area away from the glare of street lights. Let your eyes adjust to the spectacular evening sky.

Look up at the planets and stars. Get familiar with some of the major constellations, and look for them in the night sky. Make it a friendly competition among your family. Let yourself imagine the possibility of other life existing within the Milky Way Galaxy and beyond. Keep abreast on upcoming lunar eclipses and meteor showers. You don't want to miss those!

## BREATHE IN CRISP FRESH AIR

There's nothing more invigorating than inhaling fresh air in the great outdoors. During the winter, the humidity and dew point levels are low compared to the warmer months. Those of you with pollen, grass, and tree allergies may get some natural symptom relief after the first ground frost. On not so cold days, crack open a few windows to let some fresh air circulate into your home.

## ENJOY WATER SURROUNDINGS

New England has many beautiful lakes, ponds, and streams. The Norfolk County region, in particular, has an abundance of them. These bodies of water are enjoyable for fun activities throughout the year. But, there is an extraordinary presence to them when majestically coated with snow and ice. Focusing your full attention for even just two minutes on picturesque water landscapes can instantly provide a feeling of tranquility and joy.

## TAKE WEEKEND EXCURSIONS

It can be very annoying to commute in the snow when you need to get to work or shuffle the kids to activities. Ironically, where do many of us head to on weekends in the winter? We travel to beautiful locations smack in the middle of snow country!

Just because you might dislike dealing with the snow on a regular day, doesn't mean you can't enjoy a getaway to New Hampshire, Vermont, or Maine. Indeed! We have the White Mountains, the Berkshires, and everything in between.

Enjoy sipping hot cocoa (or another

enjoyable beverage) in a hotel or ski lodge resort. Relax in a comfy chair in direct range of the hypnotizing glow coming from the main fireplace. Take in the scenic views. Get yourself outside and explore spectacular nature.

For more serenity in your life, make a conscious choice to notice and appreciate this season!

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