

# Winter Season Self-Care

Five Element Yoga® with Jennifer Reis

Winter is time to slow down, rest, and pause between activities, giving your energy a chance to reset itself for the year. Water Element is an active force right now and it's time to nourish your Water Vitality. Listen to your body and take time for self-care with these helpful suggestions:

- Go inward: practice quiet reflection and meditation. Light a candle.
- Address stress levels during Winter: this is the time to get calm, clear, and relaxed while nature's energy is more grounded and slow.
- Try your best to not to overwork or to be overactive.
- Go to bed earlier and get up later. Nap and rest when possible. Bears and other animals are hibernating right now – it's natural!
- Get gentle and mindful exercise and movement daily.
- Especially move, stretch and twist your whole torso and your back. This will nourish and move stagnant energy in the Water Element meridians: the Kidney and Bladder channels which are more active during winter.
- Get outdoors! And make sure you wrap up and dress warmly enough. Drink in the Sunlight. When outdoors, observe Water Element all around in its winter display!
- Keep your Feet and your Kidneys Warm:
  - Wear socks and tuck your feet under blankets.
  - Briskly rub your kidney area with your hands for a whole minute two times in a row.
  - Try tying a scarf or shawl under your shirt around your kidney area.
  - Use a heating pad or hot water bottle on your back.
- Eat nourishing foods that are warming like soups & stews with ginger, seaweed, and plenty of root vegetables (carrots, butternut squash, sweet potato, parsnips, turnips, and beets).
- Keep hydrated in the cool and dry air. Drink lots of warm fluids like herbal teas, ginger tea, and cinnamon.
- As best you can, reduce these energy depleting foods which can also cause unstable emotions and weaken the immune system: sweet, sugary, alcohol and caffeine.
- Smile! Read a book... Write a letter... Journal... And rest again...

