

Surviving the winter blues

by Celynn Erasmus

There's nothing worse than waking up with a throbbing headache and a sore throat. Especially when you have events to manage, clients to see and a mountain of admin to get through. Do you find winter, with its cold weather and long, dark nights, depressing? You're not alone as many others feel just like you. In fact, in countries where it gets cold for months on end, people often suffer from so-called seasonal-affective disorder (SAD). Luckily, a few simple lifestyle changes can lift your and your clients' mood.

Eat yourself and your clients happy and healthy

Prevention is better and easier than cure. Eating a balanced diet and taking the right supplements will help you to deal with the dreaded bugs of winter to stay up and well when the rest are down. Let food be thy



medicine! Use natural immune-boosting herbs/spices to give you a kick-start and fight flu symptoms before they even begin. Spice up your meals by using a lot more turmeric, cayenne pepper, garlic and ginger. These are powerful antioxidants, digestive aids and immune boosters. Try this immune-boosting tea: Using a plunger, add boiling water to sliced fresh ginger, lemon, mint leaves and a dash of ground cinnamon and a pinch of cayenne pepper. Adjust the amount of each ingredient according to your taste preference. Allow to infuse. Sip and enjoy all day long. Ensure the catering at your events is immune boosting by serving:

- lots of colour – always provide fruit platters (high in vitamin C) and opt for dried fruit as opposed to sweets as table snacks
- vegetable based soups
- salad and crudité platters
- Omega 3-rich foods, such as salmon, snoek, pilchards, sardines and tuna
- water and herbal teas along with the regular coffee and tea.

Immune-boosting supplements

Take these during the colder months:

- a general multivitamin and mineral containing 30 mg of zinc
- Omega 3 providing 500 mg EPA and DHA
- buffered vitamin C, about 1 000 to 2 000 mg daily
- olive leaf extract, about 20 drops in a little water
- colostrums, about 200 mg twice daily
- other useful immune boosters, such as

About the author

Celynn Erasmus empowers the meeting, conferencing and events professionals to manage their energy, not their time. In a fast-paced world, with exhausting demands on our time and performance, Erasmus vibrantly presents hands-on, real advice that will help you to work better, live smarter and get the most out of every day. For more information on these and other wellness-related teambuilding activities, contact Erasmus on +27 (0)83 656 3096 or visit www.celynnerasmus.co.za.



Did you know?

Researchers have found that people who have an Omega-3 deficiency are more prone to depression than those who consume adequate quantities of this fatty acid, usually in the form of fish.

echinacea capsules, propolis extract and curcumin capsules.

Exercise to beat the winter blues

The moment winter arrives, most of us huddle indoors. This is a sure-fire way of getting depressed. When we exercise, we produce chemicals called endorphins, which boost our mood and combat depression. The best teambuilding ideas to combat winter blues would be those that encourage physical activity. For fun wellness-type events, check out www.lifeandsoul.co.za or call Estelle on +27 (0)83 407 5828. Seasons bring about change and change is always welcomed. If you feel the need to rest, do so. Be good to yourself. Look after your body and it will look after you. **35**