

Beating the Winter Slump

By: Emma Lopez

Simple ways to boost energy, mood, and motivation

By mid-January, many people notice that the excitement of the holidays has faded. Short days, cold weather, and post-holiday fatigue can leave you feeling low on energy or motivation. While it's normal to experience a winter slump, there are small, practical ways to help lift your mood and stay balanced.

Try to get some daylight each day. Even a few minutes outside during a walk, a quick step onto your porch, or sitting near a sunny window can make a difference. Light exposure helps regulate your body's natural rhythms and can support both mood and energy.

Keeping a simple daily routine also helps your body and mind feel grounded. Going to bed and waking up around the same time, eating regular meals, and keeping predictable small tasks can create a sense of structure during slower winter days. This can make it easier to stay motivated and reduce feelings of fatigue or overwhelm.

Gentle movement is another helpful way to fight the winter slump. You don't need to do an intense workout to feel better. Stretching, light exercise, or even tidying up around the house counts as activity. Moving your body a little each day can improve circulation, energy, and overall well-being without feeling like a chore.

Social connection is important, too. Cold weather often encourages isolation, but checking in with friends, family, or neighbors, whether through a quick phone call, text, or shared activity, can lift your spirits. Feeling connected helps remind us that we are not alone during the quieter winter months.

Finally, be gentle with yourself. Winter is a time to slow down, not push harder. Lowering expectations, focusing on manageable tasks, and giving yourself permission to rest can help your energy, mood, and motivation gradually recover.

Join me for a Microsoft Office Basics class on February 4 at 1:00 PM at the USU Extension Office, where we will cover the essentials of Word, Excel, and PowerPoint. This session is designed for beginners or anyone looking for a quick refresher and practical tips to use these programs with confidence.