

Sue Kristin and I wish all of you happy holidays! When the extended family gathers it reminds you of why you are thankful that some relatives only visit you once a year.

As I write this it appears that we will have 4 new Council Members being sworn in on December 4th. They will be overwhelmed by all of their new “faux” best friends and the saying “drinking out of a firehose” will be very apropos. Three out of the four have been described as “progressive” which is not a compliment meant by some. I am not sure what that phrase really means. I suppose the English monarchy thought those pesky Colonists were “progressive”. I have had the pleasure of meeting these women and I am impressed with their character and commitment to our City. I look forward to having them join the Council. All of them spent their entire summer working very hard to be elected. In 2019 Wards 4, 5 and 6 plus two At-Large Council Member positions and the Mayor will be on the ballot. And of course my biggest Ward 4 wish for 2018 is that construction on the new King Soopers begins so the three of us don’t need to quickly move to a small village in Nicaragua.

My friends at Aurora Mental Health were kind enough to send me some helpful information to share concerning some not so joyous byproducts of this time of year. Please don’t hesitate to seek professional help if warranted. Here are some important messages for the holidays:

Get some sun every day. Arrange your home so that you are exposed to direct sunlight, which increases vitamin D and helps boost your mood, among other things. Please continue any prescribed protocol that limits your time in direct sunlight.

Brighten up your home by opening drapes and blinds and installing full-spectrum light bulbs.

Eat a healthy diet. A balanced meal eaten at regular intervals can help keep brain chemistry healthy and fights depression. Ask your doctor about taking vitamin B complex, vitamin D, and omega 3 fatty acids.

Get up and get moving. Thirty minutes of exercise active enough to prompt sweating and a little quick breathing will improve mood, reduce stress and aid your physical and mental health.

Sleep well and for a healthy length of time – adults, 7-9 hours. You can add an hour during the winter. Sleep in total darkness in a cool room.

Truly relax (but don’t sleep) during the hour before bedtime. Turn off the TV, computer and smart phone. Instead read a book, do a quiet and soothing hobby, take a warm bath – whatever actually relaxes you.

Socialize more. Spend more time with friends and loved ones under happy circumstances. It provides personal contact and a sense of connection.

Strive for balance in your life that might include learning yoga or tai chi, playing music, finding time for a hobby, or any other activity that takes you out of the humdrum for a while.

Take a winter vacation to a place that’s sunny and warm. Places farther south are having longer days and therefore more sunlight each day. That alone can help you overcome seasonal symptoms.