



## Things That Are Saving My Life This Winter

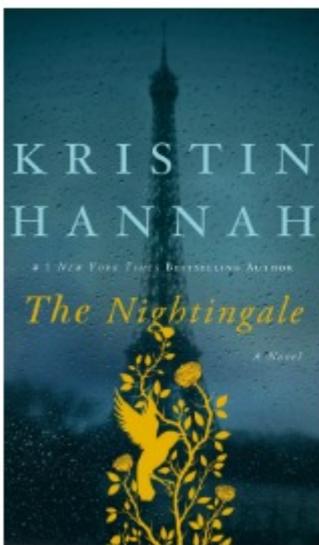
### Description

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I can understand why people retire in Florida. As I get older I enjoy the cold temperatures less and less and crave the sunshine. Winter can be a tough season and it's easy for me to list all the things I hate about winter. I've been obsessively reading the blog [Modern Mrs. Darcy](#) and loved [this recent post](#) Anne shared on keeping a list of things big and small which were helping her get through the winter months. Anne got this idea after reading Barbara Brown Taylor's memoir [Leaving Church](#). It's sort of like keeping a gratitude journal and a way to focus on the things that bring you joy. I

decided to participate in her link up and share the simple joys that help get me through the winter months.



Here are a few things on my list.

- Getting together with friends.- Making a point to meet with people on a regular basis and get out of the house.
- A good book – My book club recently read [The Nightingale](#) and we all loved it. You can find more of my favorite reads in [my shop](#).

- My morning ritual of coffee, prayer and journaling. Journaling has been a life saver for me in terms of unloading all of the chatter in my head.
- [TheraSeal](#) hand lotion- My hairstylist told me about this lotion and it has helped keep my hands from cracking and bleeding like they normally do all winter long.
- Lavender oil " to help ease my sinus headaches. [This post](#) lists some other benefits of lavender oil.
- I've recently started using Jergens Wet Skin Moisturizer and love it.
- My [Ugg slippers](#)
- Watching the new and sadly final season of Downton Abbey.
- An occasional sunny day. It helps me remember that the sun is still there we just can't always see it.
- Exercise- It feels good to sweat and I really enjoy practicing yoga. Are you participating in my [February exercise challenge](#)?
- [Amazon Prime](#)" We definitely get our money back as Amazon Prime members. I purchased a lot of my Christmas gifts on Amazon this past year. You can't beat free two-day shipping and we also watch some of their free movies. It's a great way to shop if you're in the middle of a snowstorm.

What's on your list? I hope you'll share one or two things that help get you through the often gloomy and doldrum days of winter. Check out my past winter favorites [here](#) and [here](#).

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