

# New Blog, workshop & free resources

## Winter News – Wise Women Don't Get the Blues

*"It is our light not our darkness that most frightens us. We ask ourselves, 'who am I to be brilliant, gorgeous, talented, fabulous?'... We are all meant to shine, as children do... When we let our own light shine, we unconsciously give other people permission to do the same."*



Every sparkling, ice crystal is unique – so is every human! We each have a unique combination of characteristics and experiences – and a unique life journey to make. [How are you making the most of yours?](#)

The Life Wisdom that comes with age: How does your life approach resonate with these wise reflections from people in their 90s (shared on twitter in January 2023 - click here)?

**Dispel the January Blues** – the longest, coldest, darkest month often with the added burden of financial overspend from December! ***Treat Yourself to a positive re-set.***

**Special Offer for a limited time only** – 1-2-1 online Hypno-coaching session with Issy (50 mins) to deeply relax, focus on what you want 2023 to bring you and then connect with a compelling vision of your future self. [Book here: £45 online.](#)

[Check out my next IN-PERSON workshop](#)

## Three Top Tips for Living Well in Winter:

Living in an urban world, it is easy for life to feel disconnected from natural cycles but our bodies detect the changes even if we are not conscious of them. Short days, with the sun low in the sky, signals the season for hibernation, rest and recuperation. [Lack of sunlight and exercise can seriously undermine our well-being.](#)

Here are 3 more top tips:

1. **Snuggle down with your favourite films and box sets. We are no longer invisible. Here's a few recommendations that celebrate and affirm older (50+) women:**
  - a. 'Gloria Bell' reminds us to enjoy ourselves fully and questions whether being in a relationship is a help or a hindrance in achieving this;
  - b. 'Juanita' is a story of an older woman reinventing herself and discovering peace;
  - c. 'Diane' is about a woman's slow realisation that her care for everybody else is leaving her burnt out;
  - d. Grace and Frankie offers a humorous, female perspective on life after 70.

All from America but I've recently discovered the UK's 'Women Over 50 film Festival' and will keep you posted (<https://woff.co.uk>)

**Please share any gems you've found**

2. **Take an 'awe walk', to reduce any anxiety &/or depression** – we all know that being outside and taking exercise is essential for great physical and mental health. There are added benefits to your emotional wellbeing when you experience 'awe' on your walks. Recent (2020) research shows that even one, 15 minute 'awe walk' per week significantly increases your emotional wellbeing.

**How to experience 'awe'? As you walk, take at least 3 pictures on your phone camera of things you notice – look up, down and all around; take different perspectives, notice details, see how light and shadows create patterns and depth. Practise your selfie skills!**

3. **Boost your Immune system naturally:** between October and March we do not get enough sunlight on our skin for our bodies to make **vitamin D** which is essential for our immune system to function well. [So the nhs recommends](#) we boost our intake during the winter months. As we get older (over 60) the benefits of vitamin D supplements greatly increases – vitamin D can reduce falls as it also keeps bones and muscles healthy but older skin is less efficient at processing sunlight to make it. It can be found in some foods (oily fish, red meat, egg yolks) or taken as an inexpensive (≤£5 per month) daily supplement (10mg/day).

**Echinacea** is the flower with the best 'immune stimulant' for properties for fighting off winter viruses like the common cold. It also offers anti-inflammatory and anti-bacterial benefits. Look for 'whole' Echinacea preparations ([click here](#)).

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