

## Winter Doldrums Don't Last Forever

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### Winter Blues Stall Creativity

It may be true that we all hibernate during the winter. For years, I have struggled with the feelings of winter doldrums. Without the warmth and vitality life offers during the mild months of the year, I seem to slow down in productivity. Luckily, this is a passing phase.

I become fully occupied with all that winter brings. It seems harder to get around, for one. Bundling up myself and the children takes twice as long to leave the house. Sunlight seems muddled over with grey clouds for most of the season. Shaking off the shivers becomes a daily mission.

Although winter begins in December, the winter doldrums don't usually set in for me until February. By February, I am over the holidays, the start of the new year and a few wintry weather conditions. Now it's just cold and dark. I am less enthusiastic about the days. I can't wait to finish each day and get more rest. I am in human hibernation mode.

It's not that I really dislike the winter, I just bear with it. I know I must concede to it for a month or two until it passes over. It's a reflection of life in general. If I see what good there is in something I am not entirely fond of, I may have an easier time with it until it passes.

My list of favorite things about winter includes beautiful sunsets, no bugs, crisp clean air, velvet, cuddling, fires in the fireplace, port wine, brightly lit skyline views and the promise of spring with each passing day.

Inspiration and productivity always come easier with spring's mild days and sweet smells. Even now, I hear a songbird perched upon a snowy branch in the morning sun. There is good in everything, we just have to look for it.