

# Enough winter already!

## What to do when cabin fever hits

By Linda Edgecombe

It's pretty pathetic when a gal from Kelowna, B.C., admits I've had enough of the white stuff and it's only the middle of January. Not only have we had record snowfalls, we've reached record low temperatures. It hasn't been this cold since 1979. At least in 1979, wearing a full-length fur was not yet a criminal offence. So keeping things politically correct, I'll keep to my micro fibre jackets and layer, layer, layer...

So, it's too cold to golf and too hot at home, actually the country song was the other way around. What do we do when the Christmas and New Year's celebrations wane, the bills start coming in, and you realize you should have purchased several thousand dollars of RRSPs just to keep your taxes within reason? We eat, of course, wear expandable pants and pray no one sees us as we shop at our local grocery and video stores wearing our kids' hat and mitt combinations.

By the end of February, most of us have given up on our New Year's resolutions and are now planning a new program to start right after the Easter chocolate has been consumed.

This is so depressing, it's almost humorous. To add to this mood, as I write this short article, the band Bread is playing on the radio. Now there's a pick-me-up. A very good friend once advised me, "If you insist on sitting in the outhouse of life, only stay as long as it's warm, then **GET OUT!**"

### Taking the next step

In my opinion, we have two options:

- We can hunker down and hope that the local cable company has great movies lined up for the next three months, or
- Start with a good Perspective Kick in the literal butt.

### First and foremost, stop whining!

**Motivation comes from movement.** No one's advice can motivate you to do anything. All it takes is **you** to move on one goal. Go for one walk, call up one friend, have one day of eating healthy choices. As the green soldier in **Toy Story** commanded: "Move, Move, Move people!"

So, let's start right here, right now. Think of one thing you could do tomorrow that you know would alter your mood. Off the top of your head. What's that one positive action that would move you forward? For most of us, we come up with something that would allow us to be more active. So plan a walk, a run, an aerobics class you can attend tomorrow, not the day after tomorrow, **now**.

Maybe it's a call to your parents, a friend or a grandparent. Choose something. Could it be to clean out your clothes closet and donate the clothes you have not worn, will not wear and

should have given away several years ago? Now, if you are still harbouring your full-length fur and it's  $-27^{\circ}\text{C}$ , I'd be pulling it out and risk being confronted by the naturalists.

So, we have our goal. **Now what?** As all of my subscribers know, I am a big believer in being accountable. Here's what I need you to do for me, but especially for you. Send me a quick e-mail with the one thing you will be doing, did do, plan to do that will get you moving and away from our winter blahs. Send your **'to-do'** to me at [info@lindaedgecombe.com](mailto:info@lindaedgecombe.com).

I'll let everyone know next month what we all did to beat the blahs and get us just one more month closer to spring, feeling upbeat and more inspired.

Move, Move, Move People... 

**Linda Edgecombe**  
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**Footnote:** If you have an awesome quote you'd love to share, please go to my site and enter it on my quotes page. There are prizes...

**On the other foot:** Check out some recent promotions on the national launch of the Guilt Free Accountability Program. [http://www.kelownacapnews.com/archive/2005/01/19/stories/23338\\_full.html?latest\\_date=2005/01/19](http://www.kelownacapnews.com/archive/2005/01/19/stories/23338_full.html?latest_date=2005/01/19)

*Editor's note: You can hear Linda speak in person on Sunday, May 15, 2005, in sunny Kelowna at the NENA 2005 conference.*

### outlook

#### Tidbits & Trivia

 By Jan Spivey, Ontario

- The kindness and caring of an emergency nurse is a language that the deaf can hear, the blind can see, and the hurting or suffering can feel.
- Nurses represent the world's hope for health and health care.
- Every great achievement in health care was once considered impossible.
- A strong code of medical and nursing ethics is as reliable as a compass.
- Even the simplest nursing task can be meaningful, if done in the right spirit.
- Nothing of value ever came without effort, our patients experience the value of our efforts.
- You can never be too good a listener when a patient is in need.
- Sometimes, all that a patient needs is a hand to hold and a heart to understand.