



Feel sunny all day

It's so easy to feel blue when skies are grey and winter chills are in the air. As you shiver at the school gates, or on your way to work, you start to dream about balmy beaches, soft breezes (rather than arctic blasts) and warm, dewy grass. We can't arrange those for you right now, but here's how to add more sunshine to a winter's day.

1. Drink your early-morning tea outside, or rake up a few leaves in your garden before breakfast. Getting outside soon after you wake up, and taking a few breaths of cold morning air, could help improve your energy and wellbeing all day.
2. Treat your clothes and bedlinen to a long-lasting sunny fragrance. Discover the uplifting Lenor Infusions variants with Touch Effects technology, which release bursts of fragrance each time fabric is squeezed or touched. Lenor Infusions Burst of Sunshine is designed to have a wonderfully invigorating effect on your senses, full of crisp, sparkling freshness!
3. Get together with friends for breakfast. Choose sunny foods, packed with slow-release energy. Order a fruity smoothie and porridge with maple syrup and berries!
4. Sneak some stealth outdoor exercise into your day. Walk part-way to work in Masai Barefoot Technology (MBT) trainers. These shoes sort of wobble you into shape... I bought mine on eBay. Try to walk taller by lifting your chin, and picturing your head being drawn gently upwards by a balloon floating above you.
5. Wear cheerful colours. When the shops are full of tactile black cashmere at discount prices it's difficult not to swathe yourself in dark colours. But break your black habit by knitting your own scarf with big wooden needles in a gorgeous thick, bright yarn. The colour will cheer you through dark days, and the knitting will soothe winter cares away.
6. Win a spa weekend for two at Champney's Henlow Grange. To celebrate the launch of the new Lenor Infusions variants with Touch Effects we are offering a weekend away for you and a friend at Champney's beautiful spa where you can get active, get back to nature and leave feeling refreshed and uplifted. The prize includes one night's accommodation, £75 of spa treatments each, full use of all the facilities, including classes, as well as a delicious, healthy breakfast, lunch and dinner. Enter at <http://www.lenortoucheffects.com/winning.php>
7. Organise new ways to get together with friends. Plan to start up your own gardening club, swapping ideas on bigger, better veg and beautiful flowers to grow in 2009.
8. Or meet up to walk and talk. Rendezvous in a café... grab a takeaway cuppa, and walk as you set the world to rights.

9. Shake up your supermarket trolley. There's astonishing research that shows the average person eats a range of only about 20 different foods. But nutritionists say we should be eating at least 60. Make a promise to yourself to put at least four new foods in your basket each week. Stock up on ingredients for your own homemade coleslaw, packed with Vitamin C. For an extra kick, add a little shredded red chilli and fresh ginger. Or try chestnuts with braised red cabbage and turkey for bags of Vitamin B12 and iron.

10. Seasonal stress getting to you? Drink a glass of water when you can feel Christmas angst rising. If you usually have a bottle of water with you at work, swap it for a flask of caffeine-free redbush tea: it chills your mood but warms your body.