



## EMER M<sup>C</sup>LYSAGHT

Co-author of *Oh My God, What A Complete Aisling*

### Do you ever feel down when the days get shorter?

I actually love when the evenings start to close in and things get cosier. The transition from the summer months into autumn and winter always comes as a bit of a shock to us even though it happens every single year, but I like to embrace it and look forward to crisp cold mornings and stocking up on the Pringles and "good biscuits" for Christmas.

### Do you make an extra effort to take care of yourself in the winter?

Definitely. Even though I love the winter months they can still be tricky to navigate in terms of staying positive and getting out and about. I like to plan things to look forward to and keep saying "yes" to plans with friends. You also can't beat a brisk walk on a freezing evening, especially if you can rope in a pal too.

### How do you pick yourself up after a bad day or a big disappointment?

I let myself dwell on my disappointments, if I'm honest. If you try to push it away it will just come back and niggle at you for longer. So I just like to have a big mope or cry or think about it

and let myself feel sad. Then you can pick yourself back up, remind yourself it's not the end of the world and keep going.

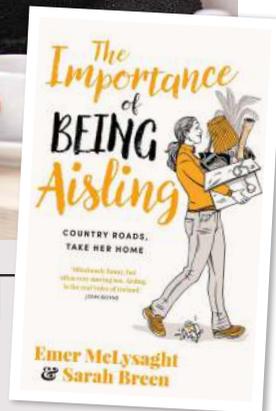
### Do you find it hard to eat healthily in the winter? What are your favourite comfort foods?

It's tempting to comfort eat more in the winter, especially when you're as emotionally invested in *The Great British Bake Off* as I am. I'm getting more into cooking though and I've started to make some of my mam's recipes from when I was a kid – mince and stews and mashed potato. They're the ultimate comfort foods.

### How does your character Aisling feel about winter?

Aisling is mad about winter. Her staple wardrobe of sensible coats and slimming bootcut jeans was made for the colder weather and she absolutely lives for a scarf and hat combo from Penneys. Her ultimate winter treat is getting down the foot spa and bingeing on *Room To Improve*.

■ Emer McLysaght and Sarah Breen's follow-on book *The Importance Of Being Aisling: Country Roads, Take Her Home* is on sale now (Gill Books, €14.99)



## ABBY WYNNE

Energy healer, author and teacher

### What is our biggest barrier to health and happiness in your opinion?

We "leak" energy out all the time – for example, worrying about something takes a lot of energy, as does running away from feelings or situations that we don't want to face up to. Not wanting to feel what we are feeling is a huge barrier to health, it means that we don't really relax when we think we are relaxing. The knock-on effect of this is that our bodies don't get the nourishing rest that they need to heal themselves.

### Why do you think we feel so much worse in winter?

Winter time is a time for slowing down, for storing up our reserves and for hibernating. But us humans generally believe that we can do just as much in winter as we can in the summer. When we don't do all of the things that we want to do we get upset with ourselves, which again, takes energy away from our health! Spending time being compassionate and kind with ourselves and only doing what we are able to do rather than pushing ourselves too hard to do more than we can, is a really good attitude to help anyone get through winter.

### Do you believe in taking any supplements to boost your health?

I believe that our bodies get the best nutrients from wholesome, natural, unprocessed food as the vitamins and minerals found there are easier to digest. But of course we don't always have this, so supplements are a good back-up, rather than being the main source of nutrition. And again, everyone is different, but in winter I would take additional Vitamin C, magnesium and selenium to boost my immune system. I only take it when I feel I need it – not every day.

### What is the one change people can make to feel more energetic in the winter months?

Use the energy wisely when you have it, and rest when you don't. Winter is not a competition, you have nothing to prove. Just going



to work and coming home may be all you can do in winter. If you respect and honour your body then it will reward you with health.

### You also work with crystals, how can crystals help us feel better during the winter?

Crystals hold different vibrations of energy and when we hold or wear a crystal, its vibration is transmitted into our energy field. I guess it's a bit like supplements for our physical body, a crystal can act as a supplement for our energy body! If you are feeling lethargic and slow, which is common in winter, a good strong clear quartz crystal can help us release the heavy and slow energy so we feel clearer and brighter. If you are feeling anxious and need to feel supported and held, black tourmaline is a great crystal that you can have near you, to bring your energy field back into balance.

■ Abby Wynne is the author of Ireland's bestselling wellness diary *One Day At A Time*, with the 2019 edition in shops now. Abby helps people take their power back, reconnect to their heart and soul, and live a wholehearted life. Find out more on [www.abby-wynne.com](http://www.abby-wynne.com)