**LWQA episode 116**

You're listening to lifework, QA episode 116. Hey there, and welcome to life work QA where I answer a listener question each week and provide resources and guidance to help you take your life and work to the next level. I'm your host. Dr. Katie Linda. Since it is now officially winter time in my part of the world.

I thought I would talk on this episode about some of my favorite winter indulgences and I will link to as many possible things as I can in the show notes in case any of the sounds intriguing to you and you want to check it out yourself. And of course, I want to hear about your indulgences as well.

If you're on the opposite side of the world tell me about your indulgences for the season that you are in but here are some. The things that I am loving this winter, the first one is this Aveeno like evening facial moisturizer stuff that I have it comes in a little tub. This is why I'm going to link to these things because they don't know exactly what they're called.

It's basically meant to be like a night cream, which is not something that I would typically use. However wintertime is like the season for dry skin. And so I've been coming home at the end of the day and taking a shower and then before I go to bed I put on this night cream and it's so nice. It's such a nice end of the evening kind of routine that I've developed and it smells really good and I'm kind of thinking to myself like why have I not had a routine like this ever like this is definitely something I want to continue past the winter.

So for the ladies who are listening to this, if you have ideas of skincare products, I should be using for moisturizer and night creams and things like that. Send them my way. You can always email me contact a kitty litter dot work. I'd love to hear what you're using. So that's been something that's been kind of a fun Indulgence.

That's kind of specific to this winter. The other thing that I love and you'll see probably a little bit of a theme here in terms of warmth and coziness is those heated rice bags that you can get or corn bags or. We want to make them out of and this is something that I basically live for at the end of the day.

I love putting it on my lower back oftentimes. I will fall asleep with one of these heated bags and you can definitely get them with like essential oil smells mine has a lavender smell to it. That's really wonderful for sleeping. So this isn't something I just could not live without in the. Kind of tied to that is the slippers that I have which are Acorn brand again.

I will link to them in the show notes and my partner surprised me this year with a new pair. I have officially reached I think middle age because this is the kind of thing that I'm excited about over the holidays, but I really love them they slip on and off really easily. I wear them around the house.

They can be worn outside and they are just super comfortable. I think the ones that I have are actually a mens brand. They have women slippers as well. But I just happen to like the certain kind that I have. So I will link to it in the show notes, but the ones I had before lasted for several years.

It was just kind of ready to get the new pair and I was so glad that my partner pick those up for me. Okay, also in the theme of cozy and warm I was surprised this year with not one but two of those weighted blankets that you may have seen around my mother-in-law sent me one literally like the same day that my partner bought one for me as well.

So I have one upstairs in my house and I have one downstairs that I'm using like when I watch television and it's so cozy and it's so nice and I will definitely link to the brand of the one I have in the show notes in case you're interested. And you can get all different kinds of weights for these blankets.

It kind of depends I think on your body size, but they can run anywhere from like 20 pounds to 40 pounds and it's kind of like in a little. In a little bit of like how its constructed. It's kind of like the heated rice bag I have and that it's kind of small Pockets that are kind of quilted and they have waited things inside and then you can take a you can take the blanket itself and insert it in kind of the the cover that comes with it and then tie it in there so that it's you're not getting the blanket and the things that are weighted inside it kind of bunched up in one area.

I don't know if this is making any sense, but I will link to it so you can check it out if you would like. One that I have is 20 pounds, but I love it so far and like I said, it's perfect for watching television on the couch. It's also really perfect the sizes that they come in you can just put it on like half of the bed.

So if you have a partner that does not want this it's really easy to size it and because it's weighted down it doesn't slip off the bed. So it stays on all night long, which is great and I'm loving it this winter. Okay, so I'm also loving stash tea. They have a really wonderful tea called Christmas in Paris, which is kind of a chocolaty desert tea that.

I love to have in the evenings. It's also really good with this coconut and almond creamer that I by which I again I will link to in the show notes. I feel like I have a lot of kind of odd products because of just where I live. It may not be kind of the typical brand so that you would see in the store.

So I will make sure and linked to these. So you can find your equivalent to wherever you are and the Christmas in Paris is just it's really kind of light. It's a little bit sweet, especially if you add the creamer into it and during the day I'm often drinking like a chai tea or a rooibos tea with that same coconut creamer, and it's just a little bit.

I feel like it's more indulgent than the typical tea I would have which is like a peppermint throughout the day so loving that. In terms of what I'm like reading and watching this time of year. My indulgences on the watching side are a couple things one is Hallmark holiday movies or the rough equivalent on Netflix because they're just so silly and they're just basically brain candy and they're fun to watch.

And also the food channel has all of those holiday baking challenges, which I can eat none of what they make but it's always kind of fun to see the competitions and what people are doing and I always like to kind of laughed myself that they probably recorded these things in like July and they're now being shown at Christmas time or the holiday time.

So those are my indulgences on TV. In terms of reading one of the things that I loved this winter is I've been diving into May certains journals and I don't know if you're familiar with her, but she's a poet and a writer and she has written a lot about Solitude which is how I first came to read her work and she also wrote These journals at various times as she aged.

So she has one that she wrote in her 70th year. She also has a journal that she wrote in her 80th year. And she also has a journal that she wrote after a stroke. So she has kind of these different moments of her the latter stages of her life. I'm currently reading the journal that she wrote at the age of 70.

And it's wonderful. It's about a writing life. She talks a lot about her garden. The people that she's visiting you may be thinking, you know, this sounds incredibly boring, but I find it really wonderful to kind of hunker down at the end of the day cup of tea reading these are in this journal. So I really enjoy it.

And also I just love this idea of being able to write and journal in a way that's entertaining to other people. I think that's a really hard skill and she's really well known for her journals. If you haven't taken a look, I would definitely recommend. Okay, couple other things that I'm loving for my winter indulgences one is classical holiday music at work.

I just turn on a Pandora station and I search for classical holiday music and I love having music on in the background that I don't doesn't have words in it and I can still concentrate on writing another tasks most of the times throughout the year. I turn on what I call spa music which. Basically, like light instrumental music, but at the holiday time, it's really fun to have this classical holiday music as well.

And then the last thing I had on my list was this is the perfect time of year at least in North America to have clementines those little mini oranges that are super easy to peel and I want to be not confusing them with mandarins because they're not the same thing in my opinion and I love Clementines and I don't like mandarins as much but I'm seeing all the clementines in the store right now and I have a huge bunch of them down in my kitchen as I record this and it is.

My favorite things to snack on in this time of the year when they're in season. So clementines are my last winter Indulgence. So hopefully this was fun to hear about some of the things that are really kind of bringing me joy right now in the winter months the winter can definitely be known for being kind of rainy and dark and dreary and here in the Northwest.

It can be all of those things. But these are some of the things that are bringing some light and joy to my life right now, And let me know what is your winter Indulgence. What are the things that you're loving? You can always email me a contact at Katie Leonard artwork tweet to me at Katie double underscore lender or connect with me on Instagram @ KD underscore lender and let me know what are the things that are your winter indulgences.

Thanks so much for listening. Thanks for listening to this episode of Life work QA show notes and a transcript for this episode can be found at Katie lender dot work / podcasts life work QA is part of the radical self-trust podcast Channel a collection of content dedicated to helping you seek self-knowledge nurture your superpowers playfully experiment live your core values with intention practice loving kindness towards yourself and others.

And settle into your life's purpose learn more about the rst channel at Katie lender dot work / podcasts. If you found this episode helpful, please also consider rating and or reviewing the show in iTunes. Thanks for listening