

# Hang Tough – You'll Get Through It



By Janeen Diamond for Hope After Divorce

**“When depression sets in, bring on the sugar! Right?”**

I don't know about you, but for me, the winter months are often the hardest to get through. Sometimes, it feels like all I can do is grit my teeth and survive! The snow falls, which is great the first several times, but then it starts to get annoying. The sun rarely shines because of the inversion, and, no matter what I do, I'm freezing all the time.

Such is life. So many of the experiences we encounter remind me of the cold weather. And sometimes, we just have to hang in there and keep the faith that there's something better waiting

for us when it's all said and done.

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Maybe you're going through a divorce. Maybe you have financial pressures that are holding you back. Maybe your kids are giving you grief. But no matter what, just remember: This too shall pass. Here are a few ideas for hanging tough and coming out the other side in one piece:

**Keep yourself healthy and hydrated.** When depression sets in, bring on the sugar! Right? Well, try to practice moderation with the chocolate and eat more vegetables instead. You'll feel a whole lot better and may even beat the blues. I notice that, when I don't drink enough water, I start to feel run down and tired. Staying hydrated is an easy fix that we sometimes don't even think about.

**Slow down a bit.** Sleep a little more, and work a little less. We sometimes put a lot of pressure on ourselves to take care of things that really aren't all that important in the grand scheme of things. If you feel you need a nap, take one. If you want a day of doing nothing, do it.

**Related Link:** [How to Get Over the Relationship Blues](#)

**Look for the positive.** Winter may be rough, but the freshly fallen snow is beautiful. You may be in the throws of divorce, but soon, you'll be able to begin a new life. You may be feeling financial pressure, but you're always free to look for a new opportunity to help you rise above it. Your kids may be causing trouble, but it's all part of discovering who they are – and one day, they will make you proud.

One thing is certain. Winter will end, and spring will begin. And there is definitely nothing more beautiful than watching the grass become green and the flowers start to blossom. I've come to realize if the grass were always green and the flowers

were always in bloom, we wouldn't be nearly as grateful as we are when we can watch the transition happen right before our eyes. So hang in there. Things are about to change!

*For more information about Hope After Divorce, click [here](#).*



*Janeen Diamond was a newscaster for KUTV News until 2001. Since then, she has been actively producing commercials and special programming through her company, "Your TVSpot." She has hosted several television and internet productions and has been a spokesperson for many products and companies. She authored her first book, "Save Your Marriage in 30," hoping to help families have greater success and live happier lives. She is co-creator of "Teen Impact TV," a website for high school students to give them a creative and emotional outlet. Janeen is a contributing expert for HopeAfterDivorce.org, FamilyShare.com and LAFamily.com. Follow her blog, <http://saveyourmarriagein30.blogspot.com/>.*