

HOW TO FIGHT THE WINTER BLUES



There are endless reasons to love autumn! Hello, cozy sweaters, and sweetened seasonal drinks, but winter is close behind. Once winter hits, **seasonal affective disorder** (SAD), often called “winter blues,” can become a difficult force to fight. This year we want to help you fight those winter blues.

According to *The Cleveland Clinic*, there are several ways to fight the winter blues, including:

- **Use a lightbox.** Start using light therapy at the beginning of the fall before you feel SAD symptoms. Get out: Spend time outside every day, even if it's cloudy. Daylight can help you feel better.
- **Eat a well-balanced diet.** Even though your body may crave starchy and sweet foods, stick to nutritious choices. A healthy diet with enough vitamins and minerals can give you the proper nutrition and energy you need.
- **Get Moving.** Try to get 30 minutes of movement at least three times a week. Exercise relieves stress and anxiety, which can play a role in your SAD symptoms.
- **See friends.** Stay involved with your social circle and regular activities. They can provide support during the winter months.
- **Talk to your healthcare provider.** Always keep your primary physician up to date on your symptoms, treatments, and goals. Remember you are not alone.

If you or someone you know is struggling with symptoms of winter blues, give us a call. We are here to provide education, information, and support.

WE CAN HELP.

Our program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at