

# 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**