

Beat the Winter Blues

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It's that time of year again. The green is going and everything is beginning to turn brown. The amount of daylight we have is decreasing on a daily basis. It's the most common time of year for the blues to set in. So what can you do to beat those winter blues? The answer is simple. Stay Active! Your activities of daily living are what you do to fill your day. Everyone does something a little different based on the demands of their lives and interests. What is most important is that you engage in those activities throughout the winter months to maintain a healthy mind and spirit. When hands and minds are idle, the amount of important hormones and chemicals released in the body is decreased resulting in a feeling of less energy, a lower desire to engage in activity, and possibly a more depressed mood.

So what should you do to stay active?..... Anything that interests you. Of course daily exercise is important but it's not the only way. Even activities such as painting, reading, crafts, woodworking, and letter correspondence will provide a therapeutic benefit if it's something that is interesting or important to you. Whatever it is you plan to do just remember to let that light shine in. Keep your curtains open during the day and try to get outside at least 10 minutes everyday especially if the sun is shining. So stay warm this winter and stay busy! Hopefully you will be a happier you!