How to beat the blues

By Hadley Koltun

Mental Health and you is provided as a service of the North of Superior Community Mental Health Program.

These articles will appear every two weeks and will cover a variety of mental health issues.

We invite feedback by the community at large by writing the News office.

Any opinions expressed are not necessarily those of the management of the North of Superior Community Mental Health Program.

How to Beat the Winter Blues

'Tis the season to... feel grumpy. Every year, many people fall victim to the 'winter blahs'.

It is a feeling of tiredness, laziness, boredom and some sadness.

There is much evidence to show that to some extent, most of us are affected by some degree of 'winter' blahs' during this time of the season.

How do we beat the winter blahs? The perfect way is to pack your bags and fly south to Florida or the Caribbean.

However, for some of us, this is prohibitively expensive. So here are some 'down to earth' tips.

1. Do something different and perhaps challenging.

If you have never been on skis before, maybe now is the time. Doing something different breaks the monotony and the boredom.

If it is challenging, then it will be exciting. It does not even need to be expensive either (e.g. icefishing).

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2. Overcome tensions.

Because we are confined indoors during the winter, tensions build up between people, whether at work or at home.

Here are some ways to overcome tension: a) Talk it out- Find a sensible, trustworthy friend or family member. When you explain your problem to someone, you make it clear to yourself- you get rid of pent-up feelings and you may often see a solution.

b) Take one step at a time! Get rid of that trapped feeling that tension brings by breaking out of it. Implement your solution to your problem, one step at a time.

husband, father and grand-

father. God looked around his

garden and found an empty

He then looked down upon

the earth and saw your tired

He put his arms around and

God's Garden must be

beautiful for he only takes the

God knew that you were suf-

fering, he knew that you

would never be well in this

So he closed your weary

eyelids and He whispered

But you did not go alone for

part of me went with you The

A heart full of beautiful

memories sprayed by a million

Wishing God had spared you,

Leo for a few more happy

Sadly missed and remem-

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day he called you home.

lifted you to rest

world again.

"Peace be Thine".

bered with love.

space

face

best.

tears

years.

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c) Take it easy. Get lots of exercise- We can't win them all! Curb your over-competitiveness (that we all have).

Give up less important goals for greater piece of mind. Make sure that you get lots of exercise.

This could be even as simple as walking to and from work. This also gives you a chance to get away from it all and see the problem in its true perspective.

d) Get rid of anger- The SAFE release of anger (exercise, for example) will help the release of bottled-up feelings that may explode and hurt you or others.

e) Do something for someone-Did you make a New Year's resolution to volunteer somewhere?

Doing something for someone else builds self-confidence and breaks the moodiness and inaction of this season.

Depression

However, if the 'blues' are more pervasive, long-lasting and have symptoms which include: loss of weight and appetite; an overwhelming sense of anxiety or guilt; a loss of pleasure in the things that you once enjoyed; irregular sleeping patterns and unshakable sadness, then it would be a good idea to see your family physician or the mental health worker.

You may be suffering from depression. Fortunately, this is a highly treatable form of mental illness.

We will have more to say about depression in future articles.

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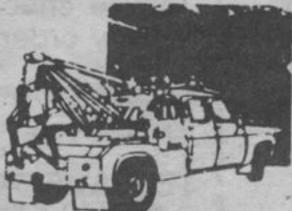
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