



Winter Blues

Do you feel like the “blahs” of winter and the pressures of being a parent crashing down on you? Have you lost the energy and drive to keep going at your normal pace? Do things seem to bother you more easily during the cold season? Are you bored and feel like the word “fun” has been swept away by the cold and bitter wind of winter? Are you experiencing the irritations and agitations of being cooped up during the winter months? Do the poor driving conditions make you nervous and tense? Are you beginning to feel more and more that the phrase “cabin fever” applies to you? Are you tired of dealing with the unpleasant chores that accompany the cold months of winter? Check your blues temperature.

Check your blues temperature. Are any of these getting you down?

- colds grouchy family members
- snuffle impatient children
- icy road freezing temperatures
- stress unexpected changes
- boredom shoveling snow
- pets staying indoors

If any of these are getting you down you may be experiencing the “winter blues.” However, don’t let those down feelings simmer for too long. Those feelings need to be looked after and attended to just like the common cold. Hang in there. Here are some ideas to take the blues away.

Blues busters

Maybe the winter weather has left you feeling a bit down or even bored. Don’t worry. Many people experience the “winter blues;” however,

here are some fun, simple and even inexpensive ways to combat those blues:

- Take a walk
- Exercise or dance
- Read a book – relax
- Use your imagination
- Break your old routines
- Invite a friend over for a visit
- Share baby-sitting responsibilities with another parent
- Build a snowman or snow castle with other children
- Go swimming at a local indoor facility
- Go ice skating or roller skating with your kids
- Plan an indoor picnic with your family
- Take a look at local hotel weekend packages either for you, for two, or for the whole family
- Adopt a pet at your local animal shelter
- Take your children to a local museum
- Visit the library
- Go see a good movie
- Start a diary or weekly journal

If you need help

If you need help, adopt some of the tips suggested above. Or talk to friends or clergy. For help in an emergency, call GHS’ Crisis Services at (810) 257-3740, or toll free at (877) 346-3648, where a counselor is available 24 hours a day. For non-emergency services, call (810) 257-3742. TTY users call (810) 232-6310.

Other Genesee Health System handouts include: *The art of stress reduction and Codependency.* © www.genhs.org