



## *“What Caring Is All About”*

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[www.careonehomecare.com](http://www.careonehomecare.com)

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### **Fight the Winter Blues....**

The Winter Blues or SAD (Seasonal Affective Disorder) differ from clinical depression. Some of the symptoms of the Winter Blues include:

- Significant or lasting sadness
- Decreased Energy Levels
- Boredom
- Marathon Napping
- Low Self- Esteem
- Fatigue
- Frequent Crying
- Sleeping too much
- Overeating / Weight Gain

**Turn that Frown Upside Down and Fight the Winter Blues...**

**Here are some suggestions:**

- **Fight Cabin Fever – find a mall or an indoor facility where you can enjoy an afternoon walk.**
- **Expose yourself to more light – sit in the sun in the window, add more light to your living room.**
- **Keep a regular routine / schedule.**
- **Watch movies with summer themes.**
- **Establish a regular sleep pattern.**

- **Exercise regularly.**
- **Eat well balanced meals / avoid overeating.**
- **Play with Sarah from Care One Homecare Services to learn “What Caring is all About!!”**

**CareOne Homecare Services offers Physical, Occupational and Speech Therapy as well as Skilled Nursing and Home Health Aides...Or goal is to keep the patient in their home as long as possible...We would love to have you as a patient... Call us today...**