



Beat the Winter Blues

With the holiday season officially behind us and the New Year rung in, the cold winter months leave many older adults feeling down and depressed. Between the post-holiday let down and shorter, colder days, several older adults may experience a season of sadness as they await the arrival of spring. In addition to these, concerns of falling on icy sidewalks, fear of navigating snowy road conditions, having

trouble in breathing in colder temperatures, or no longer being able to shovel the driveway in order to leave the house leave many older adults homebound in the winter months. Yet, despite the negative aspects of winter, winter does not need to be a dreaded season. Here are a few ideas to help you, or the older adult in your life, beat the winter blues.



Beat Away the Winter Blues

Literally beat the winter blues by moving and drumming to the beat of upbeat music.

According to [*Psychology Today*](#), participants who

engaged in drumming and dancing reported an increased positive mood as opposed to participants that attended social events without dancing or music elements. Communal drumming and rhythm classes seem to have a greater impact on boosted one's mood, but that doesn't mean that homebound seniors can't enjoy the benefits from the comfort of their own home. Make your own drums by repurposing empty yogurt or coffee containers. Then, grab a spatula or wooden spoon, turn on your favorite music, and beat along to the rhythm of the music. For more mobile seniors, get off the couch and sway to the music while drumming for added benefits.

Stay Active

While many Americans have resolved to exercise more at the start of the New Year, staying active during the winter months can be challenging for older adults. Yet exercise releases endorphins and is proven to increase one's mood. Beat the winter blues by committing to do something active each day, with the approval of your doctor. Look for age and ability appropriate exercise videos at your local library. Set a

timer to remind you to get out of your chair and walk around your living space every twenty or thirty minutes. Use the down time that winter provides to organize closets, old photographs, or other tasks that you've been putting off. Take an extra lap around the grocery store before shopping for groceries to get a few extra steps in. There are many ways to remain active even when it's too cold or snowy to get outdoors for a walk.

Connect with Others

Winter does pose some challenges to staying connected with friends and family, especially for older adults. Seniors may not want to drive in snowy conditions to meet a friend for lunch or attend other social activities. Yet staying connected, especially during the winter is vital for an older adult's health. Beat the winter blues by staying connected with friends and family. Make use of ride services, such as Uber or Lyft, and keep your lunch date with your friend. Connect with loved ones over the telephone or video calls. Invite people to your home if the weather makes it challenging for you to go to their home. Lastly, stay connected by writing letters to friends and family if it is too difficult for you to get together with them or for them to come to you.

Soak Up the Sun

Although the days are slowly getting longer and longer, winter days offer limited access to the sun. Beat the winter blues by soaking up as much sunlight as you can throughout the day. Open blinds and curtains to allow as much natural light as possible into your home. Ask family to move a comfortable chair to a sunny location within your home so that you can rest or read while basking in the sun. On warmer, dryer days, step outdoors for a few moments and feel the sun on your face. Before the sun sets, turn on lights throughout the house so that when dusk arrives, you're not left in the dark, feeling down and blue.

Try a New Hobby

Finally, beat the winter blues by taking up a new hobby or rediscovering an old favorite hobby. Hobbies provide opportunities to be creative and use different areas of our brains. They also make time go by more quickly and can provide a sense of accomplishment. Instead of parking in front of the television all day, set apart an hour or two to engage in a new hobby. From arts and crafts, to woodworking, puzzles, reading, cooking and baking, or learning a musical instrument, there are many hobbies you can explore. Many libraries and craft stores offer classes that you can take advantage of if you don't know where to begin.

Whether you're a fan of winter or not, the season is upon us. [Visiting Angels of Boulder County](#) wants to help you keep the winter blues at bay. From running errands so that you can get out safely during the winter months to companion care where our Angels come to your home to assist with basic care and keep you company, we provide a wide range of non-medical home care services provided by compassionate and professional caregivers. Don't let winter hold you back from receiving the care that

you need. [Give us a call](#) today to set up a free consultation so that we can learn more about your situation.

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