



Health & Wellness Newsletter

Tips to Beat the Winter Blues

Seasonal affective disorder (SAD) is a pattern of depression that most commonly affects people during winter months. SAD often happens as a result of the fall time change, shortened daylight hours, and impacts to our routines or sleep schedules. Symptoms of SAD include low energy, difficulty concentrating, irritability, changes in sleep, weight, appetite, or mood. Here are some tips to help beat the winter blues:

Get a Sleep Routine

Sleep is a huge component of mood. Without adequate, regular sleep, our circadian rhythm can get disrupted impacting our cortisol rhythms and hormone production. Our bodies thrive on predictable habits. Elements of a good sleep routine include going to bed and wake up at the same time every day, avoiding your phone for thirty minutes before going to bed, creating a sleep-friendly environment that is dark, cool, and quiet, exposing yourself to light as soon as you wake up, and limiting caffeine during the day because it inhibits your body's natural energy cycle.

Talk to People

Social support is important. While you may not feel like you have the energy or motivation to socialize, catching up with friends or family can help improve your mood and energy levels. Try to make plans you can look forward to and avoid the urge to cancel plans at the last minute.

Move Your Body

This doesn't necessarily mean sweating it out at the gym. Movement can take a number of forms. Focus on activities that you enjoy like walking, stretching/yoga, or dancing to your favorite song! Remember Sir Isaac Newton's law, "A body at motion stays in motion; a body at rest stays at rest." Staying active make us feel good and can help relieve stress, boost our mood, and give us more energy.

Learn Something New

Winter is a great time to pick up a new hobby or try a new artform. It can be fun to learn something that our parents, grandparents, or great-grandparents did to pass the time before the digital world took over. Thanks to online videos, the next generation can learn how to crochet, knit, whittle wood, macramé... really the list is endless. Doing something that stimulates your creativity and ends in a final product can give you a sense of accomplishment.

Get Outside

While it may be cooler outside, winter is a great time to enjoy the outdoors. You can try snowshoeing, sledding, building a snowman, or stargazing. If the sun is out, try to get outside and enjoy it! Being in the sunlight increases Vitamin D levels, which can lead to an improved emotional state. The sun is the best natural source of Vitamin D, and it only takes 5-15 minutes of sunlight a few times a week to notice a difference. If you cannot get outdoors on sunny days, even moving your chair or your work station next to a window that gets sunlight can help improve your mood and fight the winter blues.

Take a Break

When you feel stressed or overwhelmed, it's good to have a couple go-to activities that help you take a quick break from what you are stressed about and find your center again.

- Write down 5 things you're grateful for
- Take a 10 minute walk outside
- Light a scented candle or try aromatherapy
- Doodle to give your brain a break with some unstructured creativity
- Call someone you enjoy talking with
- Take 10 minutes to declutter or clean your space
- Watch a show or movie that makes you laugh
- Close your eyes and listen to your favorite song

Turn Off the Device

Being indoors more often means an increase in screen time. And if this time is spent consuming a non-stop news cycle, you may feel an increase in the winter blues. A constant stream of sensational or "disaster" reporting, whether you are exposed actively or passively, can elevate stress levels and trigger symptoms like anxiety and trouble sleeping. Effectively managing your media consumption can help you stay up to date while also reducing your stress.

This goes for social media too. Spending too much time scrolling can increase feelings of stress, anxiety, and depression. To take a break from social media, you should turn off notifications and set time limits. Taking a break that lasts for hours, days, or weeks can all be beneficial to your health and happiness. Studies have shown, keeping social media use down to just 30 minutes a day can lead to increased mental health and well-being.



Diet & Nutrition

QUICK SOUP IDEAS

Take the chill out of cold nights with some warm, kid-friendly soups!

Cheeseburger Soup

- 1lb. extra-lean ground beef or turkey
- 1 cup chopped onions
- 1 8 oz. can no-salt added tomato sauce
- 4 cups low-sodium beef broth
- 1 16oz. Package of frozen mixed vegetables
- 1 tsp. garlic powder
- Shredded cheese

Brown meat and onions over medium heat in a stockpot. Stir in the rest of the ingredients. Cover and simmer until the vegetables are tender, about 15 minutes. Serve topped with shredded cheese.

Butternut Squash Soup

- 1 onion- chopped
- 1 tsp olive oil
- 4 cups diced butternut squash (fresh or frozen)
- Pinch of nutmeg
- 6 cups vegetable broth

In a large pot, sauté a chopped onion in the olive oil. Add squash and nutmeg then cover with broth. Simmer until the squash is tender, about 20 minutes. Carefully puree in batches until smooth.

KEEP YOUR ENERGY UP WITH NUTRITION

Along with cold temperatures and shorter days, winter often means a lack of energy and motivation for many people. A nutritious diet can help you this season.

FOCUS ON HEALTHY CARBS

Eating healthy carbohydrates can boost serotonin (happy feeling hormones!). Try nuts, whole grains, beets, sweet potatoes, yams, or squash!

CONSIDER ADDING SUPPLEMENTS TO YOUR DIET

Vitamin supplements, like vitamin C, D, and zinc, can help meet the challenges of staying healthy in the winter.

KEEP YOUR DIET FULL OF FRUITS AND VEGETABLES

Even if your top choices are out of season, try frozen versions as opposed to canned. Frozen items are generally less-processed and often include less amounts of sugar. Some fruits and vegetable that are in-season during the winter include squash, Brussel sprouts, turnips, oranges, tangerines, and pomegranates.

DRINK MORE WATER AND TEA

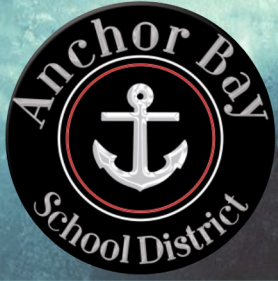
During the winter months, it's especially important to stay hydrated. Many feel tired during the day and in the late afternoon because they are not drinking enough water. Adding tea to your diet can not only help keep you warm, but also has been linked to preventing some illnesses, building up immunity, and stimulating metabolism.

PRACTICE MODERATION

Instead of avoiding your favorite desserts and meals, use moderation and substitution in your diet. Instead of having multiple cookies, have one and enjoy with a cup of tea. Where possible, substitute lower-calorie options for seasonal favorites and consider getting your fix of sweets with berries.

EAT ON A REGULAR SCHEDULE

Sticking to a schedule of three meals a day, or even six smaller meals, can help keep you full and resist the temptation of overeating. If you follow a schedule of nutritious meals, additions like cookies, cake, and buttery side dishes may seem less appealing. A regular meal schedule can also stimulate your metabolism and keep your energy levels high this winter despite the gloom outside.



Winter Safety Tips

ABHS HOSA Students Compete in the Strive For a Safer Drive

Anchor Bay HOSA is competing in the Strive for a Safer Drive competition for the fourth straight year! Strive For a Safer Drive, or S4SD, is a peer-led, safe driving initiative. It's aimed to reduce serious traffic crashes, injuries, and fatalities among teens.

It is presented by Ford Driving Skills for Life (DSFL) and the Michigan Office of Highway Safety Planning (OHSP). Students from all over the state compete for \$1,000 prizes.



Keep an eye out for MDOT signs around Macomb and St. Clair Counties with a safe driving message from Anchor Bay High School HOSA Students. "Take our advice, be careful on snow and ice!"



Take Our Advice, Be Careful on the Snow and Ice!

Winter Driving Facts From Medical Education 3/HOSA/Strive for a Safer Drive

The Deadliest Month



In Michigan, January is the deadliest month to drive, accounting for more than 25% of winter-weather related deaths. (Michigan Auto Insurance)

Speeding



Speeding at the time of the crash was involved in more than 50% of winter fatalities. (FHWA)

Rural vs. Urban



In winter weather, rural counties tend to be more dangerous for drivers compared to urban areas. (CDC)

Seatbelts



More than 3 out of 4 people in fatal crashes were ejected due to not wearing a seatbelt.



Home Activities & Rainy Day Coloring Pages

Enjoy these coloring pages to help keep your mind busy and use your creativity to create something beautiful!

CREATE A FROZEN SUN CATCHER

There are three main things you need to make DIY frozen suncatchers: water, a container, and natural ingredients for decoration. You can use anything in your frozen suncatchers, as long as it's small enough to fit in the ice. Collect items like pine needles, leaves, twigs, acorns, pebbles, pinecones, birdseed, orange or lemon slices, berries, nuts, or ivy.

Once you have your ingredients collected, you'll want to choose your container. Find a bowl, plastic lid, silicone mold, cupcake tin, or cake pan to use as your mold. Shallow is better since it will freeze faster and won't be too heavy to hang.

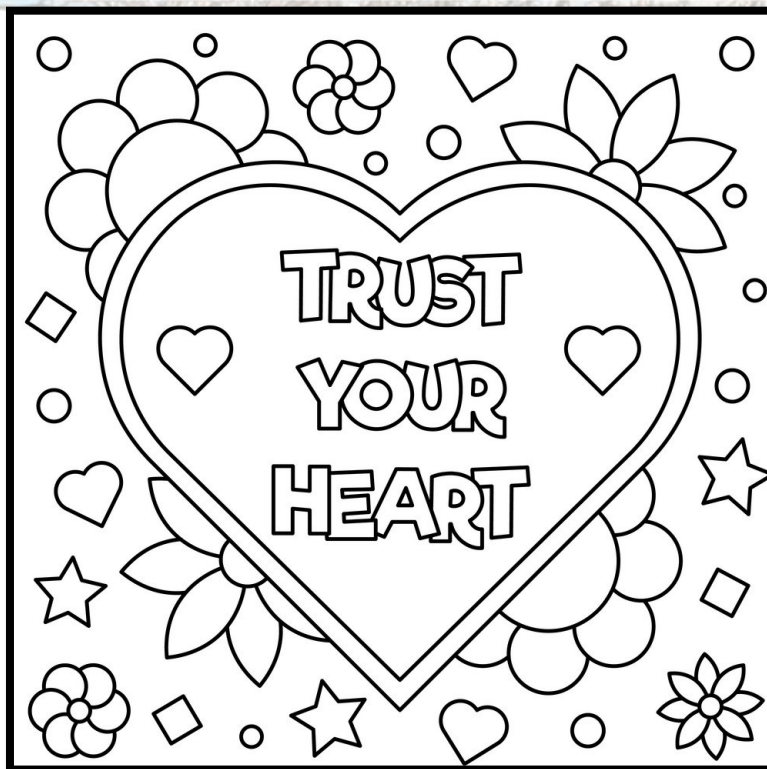
Fill the container with water, then add the natural elements. For extra fun, add a few drops of food coloring! Make sure you add a loop of string or ribbon sticking out of the mold and into the water to hang your suncatcher from tree branches or on a windowsill once it is frozen.

Once you have all your elements in the water, it's time to let Mother Nature do her magic. Put your mold outside when it is below 32 degrees outside. Try to find a shady spot!

While you're waiting for your suncatchers to freeze, take the opportunity to discuss what is happening to the water, why it freezes, and take a guess as to how long it will take for the suncatcher to become solid ice. Once it is frozen, hang your suncatcher and enjoy!



Source: <https://runwildmychild.com/frozen-suncatchers/>





Home Activities

& Rainy Day Coloring Pages

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GUESS THIS FAMOUS "FAILURE"

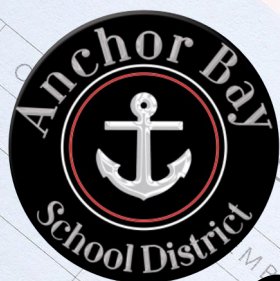
This famous failure did not let early challenges and obstacles get in the way of his dream and passion. Moving to the United States from the Bahamas, this man lived in poverty and often did not know where he would be sleeping from night to night.

During his first audition this actor struggled to remember lines and his strong accent left directors struggling to understand him. They even suggested that he stop wasting his time and go do something else.

Thank goodness this man did not take that advice and worked hard to hone his craft. Eventually he became one of the most successful actors challenging the restrictive boundaries set forth at that time in Hollywood.

This famous failure is Academy Award Winner and American Medal of Freedom recipient, actor, Sydney Poitier.





Activities & Community Events

Get Out and Enjoy the Local Happenings this Winter

Festivals and Shows

Feb. 10 - Mount Clemens 16th Annual Chili Cook-off
Feb. 11-13 - Mount Clemens Annual Ice Carving Show
Feb. 12 - Macomb County Polar Plunge
Feb. 19 - Blake's 6th Annual Chili Cook-Off
Feb. 25-27 - New Baltimore Lions' Winterfest
Feb. 26 - Romeo WinterFest 2022
Feb. 27 - Model Train Show- Packard Proving Grounds
Apr. 24 - Warren Symphony Orchestra
Apr. 29-30 - The Wizard of Oz presented by Macomb Ballet Company

Exhibitions and Workshops

Feb. 17 - Blake's Blankets & Brews Workshop
Feb. 19 - Apr. 8 - Michigan's Freshwater Seas Exhibit
Thru March 1 - Flora & Fauna Art Competition
Thru March 1 - Michigan Annual XLIX Art Competition & Exhibit

Other Activities

Feb. 19 - Drive-in Movie
Feb. 20 - Mom to Mom Sale in Shelby Township
Feb. 25-26 - Croppin' with the Cars Scrapbooking Event
March 24 - Murder Mystery Dinner (80's Theme)
Apr. 9 - Easter Egg-Citement

For more information on these events visit
<https://living.macombgov.org/Living-Events>

Around the State

Visit the Pure Michigan Website to see what is happening around the state. There are events, trip ideas, and more! You can also see what Michigan winter outdoor activities are available at <https://www.michigan.org/winteroutdoors>

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