

Positivity Pointers

Winter approaches.

For some, these two words conjure up images of holiday festivities, outdoor activities, or sitting by the fireplace. Others may notice a discomfort that is difficult to pinpoint—especially as we face darker, colder days and the challenges of staying socially distant during COVID-19. Below are some ideas to help you stay positive during this particular winter.

SHIFT YOUR MINDSET

The uncertainty about the future that has come with this pandemic has been frustrating. Take time to acknowledge your frustration. If you’re frustrated over something that is within your control to change, change it. Being flexible of thought involves the ability to accept some uncertainty rather than allowing uncertainty to run your life. Though it may not feel like it, this pandemic will end.

STAY CONNECTED

Sending a holiday card is the perfect way to connect this year. Mail a card or letter to a friend or family member (especially if they’re not technologically-inclined). And don’t forget Santa.

PRIORITIZE HEALTH

Enjoy a winter of health by eating well, moving, getting adequate sleep, staying hydrated, getting a flu shot, and continuing to social distance, wear a mask and wash your hands.

DISRUPT THE MUNDANE

Try a new recipe, listen to an audiobook while cleaning the house, engage your brain with games, puzzles, reading, learning a new skill from a YouTube tutorial, or mastering some new technology.

CONSIDER A NEW HOBBY

Bake sourdough bread, plow through a Netflix series, learn a new language, or complete a home improvement project. If there is something new you’ve been interested in trying, this winter may be your opportunity.

Finally, if you notice that you’re struggling or are unsure if your mood is something more than “winter blues,” ask for help. Mental health professionals, as well as your primary care provider are excellent resources for your questions and concerns.

Article submitted by Lake Region Health Psychiatry, Dr Jackie Huber





TRICK KNEE



BAD HIP



ACHES & PAINS

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Ready
for THAT

From head to toe and everything in between, we’re ready to care for you. This is the perfect time to come in and take care of what ails you. With steps in place to provide the safe care you need, we’re ready to get you back to being your healthiest self.

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HEALTHCARE

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