



SENIOR NUGGET - DECEMBER 2017

SEASONAL AFFECTIVE DISORDER (SAD) / BEST SEVEN DOCTORS

The shorter days of winter cause many people to feel down. Those that experience the sensation can feel it physically as well as emotionally this time of the year

Some people are affected to SAD while others are not. But those that have the symptoms can experience anxiety, apathy, hopelessness, difficulty sleeping, overeating, irritability, withdrawal and lethargy. The good news ... SAD is treatable. Here are a few tips that may help with this condition:

LIGHT: Get more exposure to sunlight every day or phototherapy with bright full spectrum artificial light. Turn on lights at home (specific lamps are available for those with SAD syndrome

EXERCISE: Maintaining a fitness regimen can help alleviate SAD. Get moving, even if it is a short midday walk around the block when the sun is the brightest.

DIET: Eating a healthy diet of leafy greens, proteins, omega oils and cold-pressed juices helps diminish or even avoid depressive episodes. Limit your sugar intake and create a meal plan that incorporates a variety of food groups into your diet will help maximize your brain's capacity to avoid off sadness and create a sense of well-being

JOURNALING: Writing down your thoughts has a positive impact on our mental health. By journaling it can rid the negative impact out of your system and fill your heart with joy when expressing your gratitude for life's blessings

AROMATHERAPY: Add a few drops of essential oils to a bath in the evening. This helps promote restoration in the body and influence your mood. A lavender scented dryer sheet inside your pillowcase also calms your body

MEDIATION: Quiets your mind and decreases anxiety.

DEPRESSION: If you feel depressed, consult a mental practitioner. The holidays bring on lots of sadness for reasons not associated with SAD. Don't let the seasonal change impact your joy over the holidays.



BEST SEVEN DOCTORS ...

- ❖ **SUN**
- ❖ **AIR**
- ❖ **EXERCISE**
- ❖ **WATER**
- ❖ **DIET**
- ❖ **REST**
- ❖ **LAUGHTER**

Birthday greetings to all having a December birthday

Check your Bible birth verse: www.birthverse.com

~ REMEMBER THE REASON FOR THE SEASON!

❖ **TIPS: Stock up on cards/wrapping paper/bows after Christmas**

Take advantage of deep discounts in upcoming year-end sales

~ THOUGHT FOR THE MONTH ~

“Choose your friends with caution, plan your future with purpose, and frame your life with faith.”



and best wishes for 2018 – Atholton’s Senior Ministries