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The Safety Scoop

A publication of the Safety Council of Southwestern Ohio to save lives and prevent injury through education and partnerships.

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Beating Winter's Woes



Now that the Christmas tree is composting and radio stations have shelved that cheery holiday music until next winter, let's get real with some rewriting: 'Tis the season to be *melancholy*.

If your mood is as cold and dark as your landscape, you're in good company. But here's how you can ease that seasonal slump.

You know the feeling: You're more tired these days, maybe anxious or moody. Cocooning with some leftover Christmas cookies or other sweet and high-carb fare sounds better than hanging with the crowd. Your sexual appetite may be on a diet, or even **fasting**. It's harder to get out of bed, and when you do, your mood resembles the landscape you see -- cold, dark, and nasty.

[continue reading here](#)

Here are ten ways to beat the winter blues:

1. Eat Well

During the winter it is tempting to eat heavy comfort food, but it is important to consume mostly vegetables, fruit and lean proteins, especially if you are prone to depression.

2. Exercise

According to Harvard Medical School, exercise helps "improve moods and mental functioning."

3. Surround yourself with good people

If there are people who irritate you or make you feel badly about yourself, curtail the time you spend with them (if you must spend time with them at all), and spend more time with people who bring out the best in you.

[More here](#)



Seasonal Affective Disorder (SAD) can affect children and teens as well as adults

At this time of year, we hear a lot about Seasonal Affective Disorder (SAD) and its impact on adults, but children can also suffer from SAD and its symptoms, including depression, irritability and sleep disruption that occur only during the winter months. Laura Henrichs Cardella, MD, a UR Medicine psychiatrist who is board-certified in Psychiatry and Child and Adolescent Psychiatry, spoke to ROCParent about how parents can spot the symptoms of SAD in children and the treatment options that can help.

[continue reading here](#)

What Are the Symptoms of SAD?

Someone with SAD will show several particular changes from the way he or she normally feels and acts. These changes occur in a predictable seasonal pattern. The symptoms of SAD are the same as symptoms of depression, and a person with SAD may notice several or all of these symptoms:

- **Changes in mood.** A person may feel sad or be in an irritable mood most of the time for at least 2 weeks during a specific time of year.
- **Lack of enjoyment.** Someone with SAD may lose interest in things he or she normally likes to do and may seem unable to enjoy things as before.
- **Low energy.** Unusual tiredness or unexplained fatigue is also part of SAD and can cause people to feel low on energy.
- **Changes in sleep.** A person may sleep much more than usual. Excessive sleeping can make it impossible for a student to get up and get ready for school in the morning.
- **Changes in eating.** Changes in eating and appetite related to SAD may include cravings for simple carbohydrates (think comfort foods and sugary foods) and the tendency to overeat.
- **Difficulty concentrating.** SAD can affect concentration, too, interfering with a person's school performance and grades.
- **Less time socializing.** People with SAD may spend less time with friends, in social activities, or in extracurricular activities.



Next Monthly Occupational Safety Meeting:

Wednesday, January 22, noon
Central Connections

Topic: Legal Tips for Drug Testing in the Workplace

Speaker Curtis Moore, Fisher & Phillips Law, will cover legal tips for drug testing and how that applies to your organization.

Monthly meetings host speakers on a wide variety of topics that will help employers

reduce injuries and illness in the workplace. Network with other safety professionals and always have access to Bureau of Worker's Compensation staff. Meetings are open to members, prospective/future members, and non-members (all are welcome).

[2020 Occupational Safety Meeting List](#)



Stay tuned to your email for sign up information to participate in this important opportunity.

Topics will include:

- The Eight Dimensions of Wellness
- Coping Skills & Self-Medicating
- Mental Health and Substance Use
- QPR-Suicide Prevention

Join us for a fun, free, and family-friendly game night. Bring your friends and family for a fun, relaxing evening of classic board games, card games, checkers, Scrabble, and others.

We'll have snacks, prizes, and more! Game Night is free and open to the public, no tickets required! We look forward to seeing you there.



Tuesday, January 14

6:30 - 8:30 p.m.

**Middletown Community Building Institute
(CBI)**

800 Lafayette Ave.

The Coalition for a Healthy Middletown works to provide knowledge and skills _____ to increase the number of those parenting for prevention.

All parents and guardians are encouraged to sign up and be in the KNOW.

[Sign up to receive KNOW! parent tips](#)

In the News



When driving there are lots of things you can do to stay safe, especially in inclement weather. Most importantly is to **SLOW DOWN and LEAVE SPACE.**

And don't forget to Buckle Up!

Did you see our video done by West Chester Township:

[Winter Driving Tips](#)