

Aging Well Newsletter

Lutheran Counseling Services



Am I Depressed?

We've made it to March and survived those brief chilled weeks of winter. For many, the oncoming of spring is symbolic of new life, resurrection, and opportunities. How can we engage in springtime merriment when we are still struggling with our own personal winters? Life is a rollercoaster and

with it ups and downs in our moods are natural. It's simply impossible to feel happy and contented at all times. Even if we could we wouldn't want to. For some of us though our lows may swing below what comes with everyday living. If you're finding yourself struggling with feelings of hopelessness, loss of interest in hobbies you once enjoyed, changes in your eating or sleeping, or general feelings of listlessness, low motivation, and low energy you may be experiencing depression.

Depression works like a cycle that keeps us trapped. First we lose our energy and motivation, which keeps us from engaging in life, the longer we spend isolated the more depressed we become and the cycle fuels itself. The most important first step to reducing our symptoms of depression is stepping out of the cycle. Baby steps are key. If you're having trouble getting out of bed in the morning, challenge yourself to get up, put on clean clothes, then get back in bed. Or, perhaps find one productive activity you can do each day. The path to feeling better doesn't have to be littered with big decisions and actions, small steps to side-step that cycle of depression can be game changing.

Remember that you never have to struggle alone. If you find that you're needing more help with this please reach out to us at Lutheran Counseling Services. We're here to guide you and be with you as you journey towards your own spring full of new life and opportunities.

"Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say, 'My tooth is aching' than to say, 'My heart is broken.' — C.S. Lewis

AGING WELL

TRY THIS TIP!

Track Your Mood

Make your mood your focus this month. Take time in the morning, afternoon, and evening to jot down what you're doing and feeling and see if you find any patterns. Perhaps you have a habit of feeling lower at night and want to add time for self-care then.

Services to help!

LCS is currently offering in-person therapy sessions to residents of the Plymouth on Tuesdays from 11-3, free of charge. We also offer an on-call service Tuesday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or 'like' us on Facebook to see these resources. We are always here and happy to help however we can!



Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to: <https://lcsfl.com/how-to-help/>



MARCH BRAIN GAME!



S F N U S R P R S F Z R A R J
L T Z U U P C I A R G Q S G M
D Y P K A T R T G C W F H Y F
A G K A E H T I O R M B W S X
P D H O T U C S N A T K E A K
O Z O W E R E E S G W G D R K
Q V S S J K I K R X X N N G N
Y N D R A B S C K P C D E I L
F A C C H C L G K Q E X S D P
Y O N S D R I B E S D L D R A
Q A W F S D Y K Y F D U A A R
P Y D L W R O O I X B A Y M A
E G N A H C E M I T U Z Y O D
Q M V N Q F M A Y A K T M O E
Q S S H A M R O C K Z E P Q B

WORD SEARCH

ASH WEDNESDAY

LEPRECHAUN

PANCAKES

SPRING

BIRDS

MARDI GRAS

PARADE

ST. PATRICKS DAY

FAT TUESDAY

MASKS

SHAMROCK

TIME CHANGE