

October 2020

DYNAMIC
HEALTHCARE
**Monthly
Newsletter**



"Halloween is not only about putting on a costume, but it's about finding the imagination and costume within ourselves." — Elvis Duran

DIAGNOSIS OF THE MONTH - SEASONAL DEPRESSION

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Less often, SAD causes depression in the spring or early summer. (MAYO Clinic)

Although seasonal depression is only temporary, it can still take a toll on one's mental health. Below are a few tips to help push through the cold weather blues.



SEASONAL DEPRESSION TIPS

- Aromatherapy
- Dawn Simulators
- Exercise
- Open all the blinds and curtains
- Stick to a schedule
- Take a vacay

TRICK OR TREAT SAFETY

- Plan costumes that are bright and reflective.
- Always accompany young children on their neighborhood rounds
- Never enter a home or car for a treat
- Remain on well-lit streets and always use the sidewalk.
- Remember reflective tape for costumes and trick-or-treat bags

UPCOMING EVENTS

- DHC Annual Halloween Event
Date- TBD