

NEWS & NOTES

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You've made sure that everyone else was taken care of for the holidays. Now it's time to take care of yourself. Please accept my gift to you of a half-priced session this month (see coupon below).

I hope to see you in January. May you have a joyous and peaceful new year!

What a great way to start the new year!

**50% off
one massage
in January**

Offer valid only in January. May not be combined with any other coupon or discount.



beat the winter blues

The holidays are a difficult time for many people. There is money stress, family stress. It can be a lonely and anxiety-filled time.

Even if you *love* holiday festivities, the demands of shopping, cooking, and house guests can leave you feeling a bit overwhelmed. Then there's the let down after juggling everything for the holidays.

Feeling lackluster and low energy in the wintertime is pretty common. January and February are the most difficult months. It is estimated that 25% of us who live in this part of the country suffer from seasonal fatigue and depression. You may also notice a change in

sleeping and/or eating habits (usually more of both).

Seasonal depression may be situational. It also may have a biological component. People with Seasonal Affective Disorder (SAD) have changes in their physiology like those that regulate seasonal behavior changes in other mammals.

If your symptoms interfere with your ability to function normally, it is important to see a mental health professional for diagnosis and treatment. Light therapy is a common treatment for SAD.

There are things you can do to help you cope with seasonal depression, including:

- Get outside, especially on sunny days
- Let more light into your home or office



- Exercise
- Manage your stress
- Get a massage!

Research has shown that massage really helps to lift depressed mood. Increases in serotonin and dopamine levels have also been noted. Whether your depression is situational, seasonal or chronic, massage is a great self-care measure to help you manage it.

Please take good care of yourself this winter! Nurture yourself with sunlight and massage.

Know a computer whiz? My website is getting more traffic than I dreamed it would and I'd like to give it a new look.

If you know someone who does web design, please give me a call or send me an email. Thanks!

I should also let you know that I've added a new page to ClinicalBodywork.com called COMMUNITY CONNECTIONS. This is a list of businesses that I or my clients have relationships with and recommend. Please contact me if you would like to add a business to the list. Let's support and encourage one another!



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*To everything there is a season,
A time for every purpose under heaven.
A time to weep,
And a time to laugh,
A time to mourn,
And a time to dance.*