

# WINTER INDOOR ACTIVITIES

CAREGIVERS



Winter Indoor Activities

## Beat Senior Seasonal Depression with Engaging Indoor Winter Activities

*Seasonal depression affects many seniors. Engaging indoor activities can make the winter more enjoyable and healthy.*

Depression can increase during the winter months, affecting senior health and quality of life. Indoor activities for seniors can relieve depression.

About 6 million American seniors are affected by depression. For many, depression occurs or increases during the winter months. Depression can increase health risks, including the risk of death. Many indoor activities can improve seniors' outlook and ease the effects of depression.

[\(WebMD\)](#)



### Symptoms of Depression

- Sluggishness
- Lack of Interest
- Over or under sleeping
- Combativeness
- Moodiness
- Withdrawal
- Rejection of Routine
- Low Appetite
- Neglecting self-care

[\(Seniors Guide\)](#)

## Indoor Activities Seniors Can Enjoy in the Winter

### Social Activities

Loneliness and depression are linked. To brighten a loved one's winter season, encourage social activities like:

- Visiting with friends regularly
- Communicating online via video chat
- Letter writing or scheduled phone calls
- Joining a senior hobby club
- Getting involved in a religious group
- Volunteering if able

### Creative Hobbies

Having a goal in sight can give seniors something to enjoy and to look forward to. Find hobby projects that a senior can complete over the winter indoors. Try:

- Scrapbooking
- Completing puzzles
- Knitting or crocheting
- Making models and crafts
- Painting or other arts
- Playing board games

### Adult Education

Acquiring a new skill engages seniors' minds, which is good for their mental health and can ease depression as well. Look for:

- Local book clubs at the library
- Community education classes
- Lectures at museums
- Classes for specific skills
- Interest-based discussion groups
- Opportunities to learn online

[\(NCOA\)](#)

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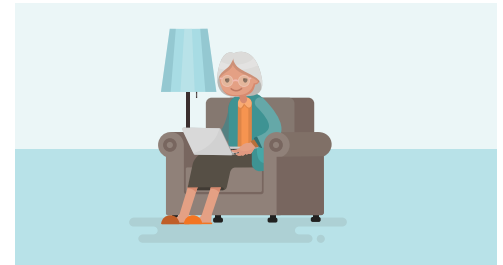


## Ways to Stay Active Indoors

Exercise is proven to relieve depression. That makes staying fit even more important for senior health. Of course, many seniors are limited in the types of exercise they can perform. Use these ideas to keep seniors moving indoors safely:

- Visit malls or community centers to take walks
- Find appropriate gym equipment for the home
- Encourage daily stretching sessions
- Sign up for senior yoga, Zumba, or aerobics
- Locate an indoor swimming pool
- Seek personal training at a gym or at home
- Get into a strengthening program via physical therapy

(NCBI)



### Did You Know?

Binge-watching TV, a common activity for seniors in the winter, is actually linked to loneliness and depression. Encourage seniors to spend less than two hours at a time watching TV.

Try not to suggest TV-watching when seniors are bored or depressed. Recommend activities that stimulate the brain, like reading or playing a game.

(CBS News)



### Home Care Tip:

Seasonal depression can also be linked to mental health and memory disorders. If a senior's mood does not improve despite increased activity, socializing, or exercise, encourage them to visit their doctor.