



Southern Ontario  
Counselling Centre

## *Cabin Fever*

By Teresa Wiebe, B.Ed., M.T.S.

**Anna Gold**  
M.S.W., R.S.W.

Many people find that with the snow and ice and cold, they don't want to go outside as often as they normally do. After a while they start to feel isolated, and lose their energy. They may find themselves eating and sleeping more than usual, or they lose their appetite and can't sleep. Depression can easily take over.

**Lee Horton-Carter**  
M.A.

There are several things you can do to help yourself:

**Dr. Mavis Kerr**  
M.D.

→ Make a point of talking to another adult once a day – or at least several times a week

→ If you are feeling down, talk to a friend, don't keep things bottled up

→ Get together with friends at least once a week

→ Get some exercise – go for a walk, put on some music and dance, ski, skate, toboggan

**Neil Lackey**  
M.Th.

→ Go outside as often as possible – many people are affected by lack of light, and some sunshine will help your mood.

→ Make sure the food you eat is nutritious. An oatmeal cookie is better for you than a marshmallow cookie. Eating junk food as a normal diet will make you feel even less energetic.

**Susan Rosenblum**  
M.S.W., R.S.W.

→ Tidy the house – living in a messy or dirty house can cause you to feel overwhelmed. If you are already overwhelmed by the mess, break the jobs down into 10–15 minute sections. Do the dishes. Put away the toys. Make the bed. Put away the laundry. Doing a few things on the list is better than doing nothing.

→ Schedule in some fun. Find something you enjoy doing – and do it!

**Teresa Wiebe**  
B.Ed., M.T.S.

If you are feeling really down, have lost interest in your normal activities, and are feeling sad and worthless most of the time, you may be suffering from clinical depression and need to see a doctor or a therapist.

**Stephanie  
Schmidt**  
B.Sc.(Hons.), N.D.

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