

## Chapter 1 : kick those January blues - 'Night in' inspiration | Amy Rowley

*Kick those End of Summer Blues Away POSTED BY Miss Bliss on August 20, in Blog, Holidays | 0 COMMENTS With summer slowly coming to a close, reality starts to kick back in. School is starting, parents are out shopping for new clothes and school supplies, and college students are preparing for their annual return to campus.*

URL of this page: It may occur soon after delivery or up to a year later. Most of the time, it occurs within the first 3 months after delivery. Causes The exact causes of postpartum depression are unknown. Many non-hormonal factors may also affect mood during this period: Changes in your body from pregnancy and delivery Changes in work and social relationships Having less time and freedom for yourself Lack of sleep Worries about your ability to be a good mother You may have a higher chance of postpartum depression if you: Are under age 20 Currently use alcohol, take illegal substances, or smoke these also cause serious health risks for the baby Did not plan the pregnancy, or had mixed feelings about the pregnancy Had depression, bipolar disorder , or an anxiety disorder before your pregnancy, or with a past pregnancy Had a stressful event during the pregnancy or delivery, including personal illness, death or illness of a loved one, a difficult or emergency delivery, premature delivery, or illness or birth defect in the baby Have a close family member who has had depression or anxiety Have a poor relationship with your significant other or are single Have money or housing problems Have little support from family, friends, or your spouse or partner Symptoms Feelings of anxiety, irritation, tearfulness, and restlessness are common in the week or two after pregnancy. These feelings are often called the postpartum or "baby blues. Postpartum depression may occur when the baby blues DO NOT fade away or when signs of depression start 1 or more months after childbirth. The symptoms of postpartum depression are the same as the symptoms of depression that occurs at other times in life. Along with a sad or depressed mood, you may have some of the following symptoms: Agitation or irritability Feelings of worthlessness or guilt Feeling like you are withdrawn or unconnected Lack of pleasure or interest in most or all activities Loss of concentration Problems doing tasks at home or work Significant anxiety Thoughts of death or suicide Trouble sleeping A mother with postpartum depression may also: Be unable to care for herself or her baby Be afraid to be alone with her baby Have negative feelings toward the baby or even think about harming the baby Although these feelings are scary, they are almost never acted on. Still you should tell your doctor about them right away. Worry intensely about the baby, or have little interest in the baby Exams and Tests There is no single test to diagnose postpartum depression. Diagnosis is based on the symptoms you describe to your health care provider. Your provider may order blood tests to screen for medical causes of depression. Treatment A new mother who has any symptoms of postpartum depression should contact her provider right away to get help. Here are some other tips: DO NOT hide your feelings. Talk about them with your partner, family, and friends. DO NOT make any major life changes during pregnancy or right after giving birth. DO NOT try to do too much, or to be perfect. Make time to go out, visit friends, or spend time alone with your partner. Rest as much as you can. Sleep when the baby is sleeping. Talk with other mothers or join a support group. The treatment for depression after birth often includes medicine, talk therapy, or both. Breastfeeding will play a role in what medicine your provider recommends. You may be referred to a mental health specialist. Cognitive behavioral therapy CBT and interpersonal therapy IPT are types of talk therapy that often help postpartum depression. Support groups may be helpful, but they should not replace medicine or talk therapy if you have postpartum depression. Having good social support from family, friends, and coworkers may help reduce the seriousness of postpartum depression. Outlook Prognosis Medicine and talk therapy can often successfully reduce or eliminate symptoms. Possible Complications Left untreated, postpartum depression can last for months or years. The potential long-term complications are the same as in major depression. Untreated postpartum depression may put you at risk of harming yourself or your baby. When to Contact a Medical Professional Call your provider if you have any of the following: Prevention Having good social support from family, friends, and coworkers may help reduce the seriousness of postpartum depression, but may not prevent it. Women who had postpartum depression after past pregnancies may be less likely to develop postpartum depression again if they start taking antidepressant medicines after

they deliver. Talk therapy may also be helpful in preventing depression. Diagnostic and Statistical Manual of Mental Disorders. American Psychiatric Publishing, Psychiatric illness during pregnancy and the post-partum period. Screening for depression in adults:

### Chapter 2 : Postpartum depression: MedlinePlus Medical Encyclopedia

*Dear OLoFWL ~ Yahoo, spring is here. Time to go outside and soak in some rays, and while I understand that overexposure to the sun causes sunburn, wrinkles, freckles, skin texture changes, dilated.*

The Book of Hygge: Here are her recommendations: If you must make resolutions, resolve to be a happier person and then do one thing a month that happy people do. Sounds like a good plan, right? Make a new connection with your spouse. Come up with one indoor activity that you can enjoy together and one outdoor activity that you can enjoy together. Try to think of things that you can do while traveling as well. Learn a new non-digital skill. Stephanie bought the Ukulele , but maybe you want to finally knit that scarf, take up needlepoint, or do a little wood carving. Work on some new healthy recipes that can go on the road with you. Stephanie is trying to find some healthy recipes that she can make in big batches for our trips next year. Find a workout routine that will travel well. You will get a full report after her trial! Build a capsule wardrobe. Stephanie got tired of having a ton of clothes and nothing to wear. So she has been busy getting rid of the junk and building a small wardrobe full of things she loves. Again, she will dish more on the topic later this winter, but in the meantime if you want to check out StitchFix , that has won her heart. Be a tourist in your own hometown. We all have those local attractions that we never get around to enjoying. Make an actual list of 5 things that you want to do, and then work your way through it! He also has some assignments for you that go along with each show. Subscribe to ROVA magazine. This is a soon-to-be-released travel magazine that will be focused on Millennial and GenX travel, long form writing, and beautiful photography. Take an adult education class at your local community college or county parks program. Jeremy took two photography classes already this season, and they were amazing and affordable. Jonathan is a professional photographer with National Geographic, and his work is stunning. You can explore each park individually and start dreaming and planning. Jeremy has been reading The Revenge of Analog: Join a non-profit that supports your local or favorite national park. We would love to hear how you kick the winterization blues! And thanks to our sponsors who support weekly content for all our RV fools: Until we see you at the campground stay cozy!!!!

### Chapter 3 : RVFTA # Kick Those RV Winterization Blues, - RV Family Travel Atlas

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Many of you have given your beloved RVs the pink drink and put them into hibernation. So even though our camping options are limited, we never have trouble coping with the RV Winterization Blues. In the first segment of the podcast, we revisit our top ten recommendations. Two years ago we talked about our goal to keep camping even in the winter months. Well, we have followed through on that in spades. Last year we camped in our winterized trailer as the temps dipped into the teens. Our enclosed underbelly kept us toasty warm and we kept that campfire burning during much of the day. And RV shows, of course. Take a look at what is new, dream about a future rig, or take in a seminar or two. Picking up a new instrument Stephanie brushed up on the ukulele Binge watching great travel content like Rock the Park Building a capsule wardrobe Stephanie started with StitchFix Taking an adult education class Okay, okay! there were also a couple of really bad ideas. Charles Kuralt was the host of the beloved and long-running television series On the Road. He is hooked and plans on the whole box set this winter. If you finish that series and still have more couch time to clock in, check out Under An Arctic Sky , a surf documentary by Chris Burkard. Testing meal delivery options Cooking together with the kids and dad Knock out home projects the basement has been served notice Create wardrobe content from all the capsuling stuff that happened last year Visit a warm weather destination we flew to Florida and rented a rig last year and it was amazing Segment Three: Listener Recommendations Thanks so much to our fun Facebook Group crew for telling us what is getting you through the winter months! You can find our private, no-cranks-allowed Facebook Group here. Look for deals on fuzzy blankets. And of course, winter camp. Sometimes the snow is so deep we have to shovel it away from the door. But we know that we can get through these months together.

### Chapter 4 : 5 Ways to Kick those RV Winterization Blues | Yogi Bear's Jellystone Park Camp-Resorts

*Kick those Monday blues by toning up with a full body cardio workout by Diana Hex in CoreJam at 11am! Diana will lead you in an easy-to-follow cardio dance that delivers dynamic movements to help you reach your fitness goals!*

By Christine Dion of Mode Dion. Winter months keep your skin working overtime, from indoor heaters blasting out dry air and irritants to cold winds that blow away your natural moisture barrier. Holiday stresses and rich foods, along with those extra trips for hot caffeinated and often sugary beverages, dehydrates the skin from within. Kick the winter blues and enjoy radiant, glowing skin by following these three tips: Exfoliation the removal of dead surface skin cells is the trick to add life to dull skin. Use a clean wash cloth with a gentle facial cleanser at least a few times a week to massage dead skin away. For even better results, use a facial wash with salicylic acid to help melt away dull lifeless skin cells. Gentle facial grains can be helpful to smooth skin, but should be used no more than three times a week as skin is more sensitive in the winter months. A retinol cream applied at night for those over the age of 30 really helps with keeping skin youthful and glowing. For the body try a salt scrub. These are made from natural sea salt, and not only remove dead skin but also help to detox. Sugar can be used as a scrub as well as wash cloths, loofas and body mitts. Body skin that has been regularly exfoliated will absorb moisture far better. Remember that wash cloths, loofas and body mitts can easily get a bacterial build up, wash them after use. Use a facial moisturizer that has anti-oxidants to help repair damage. For oily, acne-prone skin try an oil-free moisturizer, as even oily skin needs moisture. Drink a lot of water and eat fruits and vegetables whenever possible. Beware of foods that tax your body like hydrogenated oils, corn syrup, white sugar, fried foods and caffeine. If your skin is very dry apply a rich facial moisturizer first to help keep skin stay moist and radiant then apply the sunscreen on top. Be careful when exposed to sun and cold like on the ski slopes where broken capillaries, chapping and sun spots can easily appear. If you are exposed to extreme conditions an anti-oxidant serum worn under your moisturizer can help add extra protection. Keep away the blues by turning your bathroom into a wonderful spa! Candles, music, relaxing tea to drink, deep conditioning hair treatment, olive or coconut oil, facial scrub, body scrub wash cloth is fine in a pinch and a shower cap. Massaging the scalp loosens dead skin, stimulates circulation and helps make hair shiny. After skin is smooth this is the best time to remove body hair, so lather up and give yourself a clean shave. Except with lower leg calves, always shave in the direction the hair grows to prevent ingrown hairs and irritation. If you used oils, wash your hair again and use a light conditioning rinse. Rest is one of the best skin care treatments. Wrap yourself in a warm cozy robe or blanket. Apply rich cream or oil all over your feet and then put on thick socks. Lavender can help keep you calm by placing fresh lavender at your bed side or by spraying your pillow with lavender scented spray mist. Of course you can never kick the blues completely until you smile! Have a good laugh. Laughing increases anti-oxidants in the body making you healthier. Happy people look more radiant and warm. Learn a few jokes and spread a little sunshine anytime of the year. Who is Christine Dion? Christine Dion brings with her more than 30 years of experience in the beauty business. She has worked as a make-up artist internationally for fashion magazines, commercials, television, fashion shows and dance theater. She is a published author, beauty columnist and educator for dancers and performers, touring the country speaking at conferences and in dance studios. Check out her website [modedion.com](http://modedion.com).

### Chapter 5 : 6 Ways to Kick Those Winter Blues

*Kick those winter blues with the Foodie 5K 16/Feb/18 / While the winter chill is still hanging on, we're already looking forward to Spring when the snow will melt and chirping birds will greet all the restless runners and walkers stretching their legs in the sunshine.*

In the meantime though, you may still be feeling a bit sluggish from delicious celebrations over the holidays – fortunately, we have a way you can kick those winter blues! After completing the newly remodeled route, participants can enjoy the scenery while snacking on a wide variety of offerings from these gourmet food trucks: [Click here to join race](#) – then get started on your couch-to-5K training below! Days 1 and 2: Total of 15 min. Days 3 and 4: Total of 18 min. Days 5 and 6: Total of 21 min. Days 7 and 8: Total of 24 min. Days 9 and 10: Total of 30 min. Days 11 and 12: Total of 29 min. Days 13 and 14: Total of 35 min. Days 15 and 16: Total of 38 min. A few important reminders as you start your journey to being fit by Foodie: Since this type and intensity of exercise may be new to your body, you should always take a few minutes to warm up before each run and, more importantly, cool down after each run. For walkers and runners: Everyone sweats differently given their body and the type of weather they train in, but keeping your muscles hydrated is key! Register as a participant or volunteer today at [SolveHungerToday](#). [How You Can Help:](#)

### Chapter 6 : Kick those winter blues with the Foodie 5K | Full Plate Blog - Northern Illinois Food Bank

*For once let's just kick out those Tory Cos homeless numbers have doubled let's kick out those Tory Can't you see now more than ever we need to kick out those Tory.*

### Chapter 7 : Kick Those Dreary Blues Away - Our Lady of Weight Loss

*Amy Rowley About Me; Beauty; Style; Food; Travel.*

### Chapter 8 : Kick The Winter Blues - Dance Informa Magazine

*Keep away the blues by turning your bathroom into a wonderful spa! What you need: Candles, music, relaxing tea to drink, deep conditioning hair treatment, olive or coconut oil, facial scrub, body scrub (wash cloth is fine in a pinch) and a shower cap.*

### Chapter 9 : Kick The RV Winterization Blues with Tips for Getting Through the Winter

*5 Ways to Kick those RV Winterization Blues. It's officially winter, and many campers across the United States have winterized and covered up their RVs for the next couple of months.*