

Dark and Cloudy days are here, along with the rain, and it is so easy to stay inside alone. For most of us, it is not healthy.

Here are some antidotes to loneliness, boredom and depression:

- Make sure to have adequate rain gear and go out in the rain every day.
- Do your best to maintain your normal winter sleep pattern of going to bed at the same time. Avoid log naps during the day.
- Stay connected with groups you have previously met with through Zoom or socially isolated garage meetings.
- If you still have too much isolated time, join the many available groups in Corvallis, such as a library book club, Academy for Lifelong Learning, or the many civic organizations that are asking for help, including Stoneybrook Emergency Preparedness, which always needs more help.
- Join an exercise facility such as Fitness Over Fifty, Linn-Benton Community College or The Corvallis Community Center , formerly Parks and Recreation.
- Reach out to neighbors whom you know are even more isolated or at risk. It will cheer up both of you. Maybe set up a regular time for a phone conversation or a garage meeting. Or drop off a small care package from time to time.
- Comfort yourself with those little things that matter to you, like a cup of hot chocolate by the fire place, movies, or a TV series you watch regularly.