



# Shepherd Care®

*To Care for People Where They Live and Work*

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## COMMUNITY Care TOPIC

### Cabin Fever

The cold, stark, empty, blah seasons in which someone feels idle, remote, removed, and reclusive is “cabin fever.” Often this feeling takes place in winter, as the foul weather does not permit excursions. It can also be called, “The Holiday Blues.” A person stares at the four walls and may feel trapped or isolated. Sometimes a person makes the choice to close the door and barricade oneself from the cruel, hard world. Other times a challenging time or crisis of life, such as a death of a loved one or loss of a job, happens.

“I got cabin fever, it’s burning in my brain;  
I got cabin fever it’s driving me insane;  
We got cabin fever, we’re flipping our bandannas;  
Been stuck at sea so long, we have simply gone bananas.”  
*Muppet’s Treasure Island “Cabin Fever”*

#### How to Survive Cabin Fever

- Identity. Find your identity in something else. This could be a matter of faith or family. It could be a different way of looking at events. Develop new meaningful traditions.

- Inspiration. Intentionally seeking the meaning and purpose for life. By have a creative expression, this helps adjust our perspective.

Make crafts for the elderly at an assisted living facility (as they are stuck in their cabin). Volunteer at a school to read books to children. Write letters to orphans in a Third World country or inmates at your local jail. Call a person that is shut-in. Give someone a gift. Pray!

Brighten the mood by turning on lights. Paint a room. Buy a plant. Exercise. Take a walk on an indoor track. Watch a comedy. Take a class to learn a hobby. Teach someone else a hobby. Invest in someone else. Read a book. Have a family game night. Go visit a neighbor or friend. Remember that cabin fever does not have to be a terminal disease.

You can cure cabin fever by making positive choices.

Introducing your Community Chaplain  
**Eric Kieselbach**  
(pronounced “key-sill-baa”)  
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#### Co-Authored Article Series:

Co-authored by Jerry Baker, Richmond, Virginia and Chaplain Eric Kieselbach

“To everything there is a season, and a time to every purpose under the heaven: A time to weep, and a time to laugh; a time to mourn, and a time to dance;”

**Ecclesiastes 3:1,4**

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