

Support your wellbeing during winter

Below are some ideas to help support your overall wellbeing during winter. From strengthening your immune system to boosting your mood, what steps will you take to help look after your wellbeing?



Keep active

Incorporate exercise into your routine to support your physical and mental health. It helps to boost your immunity, energy levels and mood. It also helps you to manage stress.



Prioritise sleep

Try to maintain a consistent sleep-wake cycle to help your body adjust to the change in seasons. Keeping physically active will also help to improve sleep quality.



Eat healthy

Stay well nourished with plenty of fresh fruit, vegetables and wholegrain foods to help boost energy levels, immunity and promote good digestion.



Get outdoors

Spending time in nature is great for your wellbeing. Natural light also helps to increase serotonin levels - your body's natural 'feel good' chemical.



Make time to relax

It can be tricky to find the time to relax, especially around family or work demands, but taking time to 'pause' from a busy schedule is key - especially for your mental health.



Stay hydrated

Ensure you're keeping regularly hydrated by drinking **8-10 cups of fluid** a day. Try to minimise caffeine and alcohol, which can impact the quality of your sleep.



Stay connected

Many experience loneliness during winter. Try to nurture your social connections and reach out to those who may be struggling or feeling isolated at this time of year.



Manage finances

Financial stress can have a significant impact on our health. With the rise in living costs and energy bills, find support and advice on **Gov.UK** and **Citizen's Advice**.

Further support

- **How to stay well during winter** - General advice from the NHS with links to further resources.
- **Seasonal Affective Disorder (S.A.D)** - Mental health charity, Mind, looks at causes and how to get support.
- **Free online exercise videos** - Provided by the NHS, find workouts from strength building to aerobics.
- **Support for loneliness** - Campaign to End Loneliness have released a podcast series on this topic.
- **5 top tips for healthy eating during winter** - Ideas to help you stay well nourished.