

What Can We Do To Improve Our Wellbeing Through Winter?

The experts at We Are Wellbeing provides 3 Easy Ways To Improve Your Mental Wellbeing This Winter.

Food

Think about food choices:

- Plan meals for the week ahead and shop for the food required for those meals
- Don't buy things which you may reach for in a moment of weakness
- Start the day off with a protein-rich breakfast
- Make sure that what you are eating is giving you the necessary nutrients to optimise your health and feed your brain
- Hydrate – if cold water puts you off, drink warm water with lemon, herbal teas
- Limit caffeine and alcohol
- Try to avoid eating after 8pm. If you're bored, reach for a book or a glass of water – not the sweet treat



Exercise

Have a winter exercise plan:

- Having winter options for the things you may already enjoy doing – Run, walk cycle – plan your routes (safety, lighting, mud etc)
- Have a friend to exercise with and who will help keep you accountable whether that is physically together or checking in with each other or at least turning up to the gym together
- Do something you enjoy – if it's a chore you won't do it
- Just move – dance in the kitchen, do squats while you brush your teeth, press ups off the kitchen bench while you wait for the kettle to boil, take the stairs instead of the lift

Meditation

Tap into your mindfulness:

Take some time to nourish your body mind and soul this season and lean into the benefits of mindfulness. This is about being in the present moment, not worrying about the past or future. Take time to be with your thoughts without judgment or reaction.

Simple awareness, which can be reached by focusing on the breath, mindful colouring, reading, yoga or focused slow movements.

Meditation and mindfulness, as well as these other great tips can help to overcome the challenges this winter.