

Top tips to boost your wellbeing this winter

It's easy to feel glum and to forget to take moments to enjoy all the good that is going on around you in the Winter months. Amanda - one of iHASCO's Mental Health First Aiders - shares her wellbeing tips for boosting your wellbeing with the darker evenings on the way...

Focus On Your Senses And Stay Present

Try being present, mindful and aware of your surroundings. Really notice the smell of your warm coffee on a chilly morning, the shapes your breath makes in the cold air when you step outside.

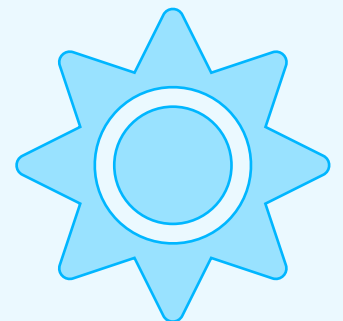
It's a simple tip, but actively checking in with yourself on a daily basis and being present to experience all life has to offer can make a real, genuine difference in your mood.



Get Some Sun

Vitamin D helps mood, brain activity, and nervous system functioning, and when you don't have enough of it, you can definitely feel low.

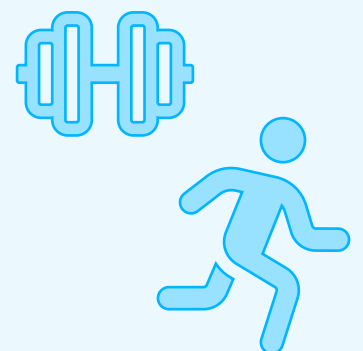
In the UK, sunlight doesn't contain enough UVB radiation in winter (October to early March) for our skin to be able to make vitamin D so during these months, we rely on getting our vitamin D from food sources (including fortified foods) and supplements.



Move Your Body

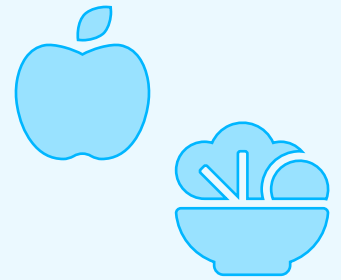
Even when it feels easier to put on your "comfys" and curl up on the sofa, a little movement will always help to improve your mood and well-being. Exercise helps increase circulation and releases endorphins. These feel-good hormones give you that "happy" feeling, which help you combat the lows felt when the temperatures drop and the body wants to go into hibernation mode.

So, go for that walk, run or dance around your living room like no-one is watching.



Eat Nutritiously

You may be finding yourself more drawn to warmer and heavier foods this time of year but make sure you're getting in your fair share of nutritious foods, and that you aren't only relying on treats like sugar and caffeine to boost your mood; they may backfire later in the day causing you to crash even earlier as the days get shorter.



Remember Your "Why"

This simply means don't forget about your reasons for being you: your favourite things, images of what makes you feel happy, the people you love, things you might want to accomplish, or places you'd like to go.

When work, life, communicating, or just getting out of bed gets hard, always remember your why.



So, as the winter draws in, try to implement some of these tips to help keep you feeling good. And remember: There is always a coming spring.