

Winter Self-Care Tips

Lack of natural light and cold weather can have a negative effect on our mood.

Follow these tips for Winter self-care and to help ease the winter blues;

- **Natural Light**

If you can, get outside as much as possible in natural daylight, if you can't go outside open the blinds and open the windows as often as you can.

- **Stay Hydrated**

Stay hydrated by drinking plenty of water to help keep your skin from drying out from the cold weather and the heating in your home. Also, watch your alcohol consumption and have alcohol-free days every week if you can.

- **Enough Sleep**

It is vital for health and wellbeing all year round. If you are having trouble sleeping please see our self-help guide to [A Better Night's Sleep](#).

- **Feed Your Body**

If you can, try cooking with seasonal produce and experiment with new healthier dishes as well as making your comforting winter favourites.

- **Feed Your Mind**

Try keeping your mind active on the darker nights, for example read a good book or listen to an audio book while curled up under a cosy blanket.

- **Journal**

Get your thoughts out of your head and down onto paper so you can see them clearly or use our self-help guide to a [Self-esteem Journal](#) to help improve your wellbeing and build self-esteem.

- **Stay Connected**

By calling to speak with a trusted loved one you support your mental wellness by keeping a sense of connection. If you can video calling is a lovely way to see and speak to loved ones over winter.

- **Comfort**

Select a mug or cup that's special or comforting and fill it with a warm drink; soup, tea, coffee, hot chocolate, warm milk. Take time to sit and enjoy this comfort, in peace if possible.

- **Gift to Yourself**

Show yourself love with a gift, for example flowers, chocolate or a new book. It's important that we show ourselves love as it will lift our spirits and help ease the winter blues.

