Healthy Habits through the Winter Months

EAT WELL
LIVE WELL

WAKING UP

Exposure to light in the morning resets your biological clock and signals waking up.

Throughout the dark, winter months, try turning your lights on inside as soon as you wake up.

MINDFULNESS

Mindfulness practices are a great way of slowing down and taking time for yourself.

Breathing exercises can help alleviate pressure and stress from daily life.

Try taking 10 minutes of your day to show up for yourself.

SCREENS

Try and switch off your phone for a few hours at the beginning and end of each day.

It's important to make space for you own mind, without distraction from the outside world.

SLEEP

During sleep, your tissues grow and repair and energy is restored. This is especially important around this time of year, where the common cold is prevalent.

Prioritising sleep will help you to avoid becoming run-down and feel energised during the workday.

PHYSICAL ACTIVITY

A brisk walk for 10 minutes each day will not only benefit your heart health but your mental health too.

Why not ring a friend or family member as you walk? Or take a stroll after lunch to get a break from your screen!

SOCIAL

Have lunch with a co-worker in the office or meet with a friend after work.

It's important to keep up with social activities during the winter to support your mental health.

HYDRATION

Water is important for many metabolic processes in the body, and will impact co-ordination, decision making and blood circulation.

Dehydration can cause you to feel lethargic, irritable, and tired.

If you struggle to drink water, herbal teas are a great way to get more liquids in.