

How to beat the Winter Blues

By Lauren Parsons

Eat well

It's so easy to be tempted with quick and easy hot takeaways or to crave sweet foods in winter. However you are still in control and can choose healthier options that leave you feeling great! It's a great time of year to tuck into nutritious filling soups and to cook up hot steaming porridge for breakfast with a sprinkle of brown sugar or sultanas! This will keep your energy levels up for longer and cut down the temptation to snack! ☺

Move your body!

Wrap up warm & go for a brisk walk, head down to the gym, or have a swim at an indoor pool! Exercise has so many positive benefits for you including a fitter, healthier, stronger body but also releases endorphins which are like your body's own natural happy pills!

Get some sun

Even if it's just a 10 min stroll at lunch time, or having a cup of tea sitting in the window seat in the afternoon sun! Sunlight not only gives you the all-important vitamin D, but is also proven to make you happier!

Stay warm

Set up strategies to keep you warm. Layer up your clothing, get a heater set on a timer so the house is warm when you come home, invest in a wheat bag (which can be heated in the microwave and slid into the bed to keep your feet warm!!!) ☺

Wear bright colours

Treat yourself to a lovely bright woollen scarf or gloves in your favourite colour!

Take up a new hobby

Why not try snow boarding, join an art class or a book club. Getting out and about will give you something new to focus on.

Make time to socialise

There are tonnes of great things to do in winter such as going walking with a friend, having dinner parties, hosting a games night, heading to the movies or just having coffee!

Sleep well

Getting adequate sleep is great for your immune system and keeps stress levels down. It also means you wake up feeling fantastic!