

# Mental Wellness in the Winter Months

Sometimes our mental health can suffer during the winter months. The lack of sunshine and cold NY weather can cause feelings of sadness, isolation, and a lack of energy. Here are a few tips that might help boost your mental wellness this winter season.

1

**Plan ahead to keep yourself occupied.** Imagine yourself moving through the next few months. What do you want to be doing? Get your supplies out and set up your space to get started.



2

**Move your body every day.** Staying active can boost your mental wellness. Set a goal that works for you; like 10 minutes of dancing or getting a certain number of steps in each day.

3

**Improve your mood with fresh air and sunshine.** Bundle up and get outside every day. Consider activities that make it fun to get outdoors -sledding, stargazing, or hiking in a local park.

4

**Reach out to someone every day.** Staying connected is so important for your mental health.



5

**Do something for someone else.** When you are feeling down, acts of service can be uplifting. Consider volunteering for a cause, knitting for a homeless shelter, or checking in on a neighbor who is overwhelmed.

6

**Try something new.** When you've been in the same routine for a long stretch of time, your brain benefits from doing something out of the ordinary.

7

**Don't forget your basic self-care.** Make sure you get enough sleep. Eat nutritious food and drink enough water. These go a long way in helping you stay emotionally well.



8

**Get enough light during the day.** If you can't get outside, hang out in sunny rooms. If your living or working space is dark, consider getting a light therapy lamp.



9

**Reach out for help.** It's okay to feel overwhelmed or down in the dumps during the winter months. Admitting things feel tough and talking about it can help.

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