



The 12 Tips Of Winter

-By Lisa Gale

Here's a little reminder of some of the steps we can all take to stay fit and well this Winter:

- 1. Take short breaks.** Taking breaks is important for our wellbeing and can be really positive for our work (it gives us thinking time). Make sure you take regular breaks.
- 2. Be kind.** Simple gestures of kindness can transform someone else's day and give you a great sense of wellbeing at the same time.
- 3. Go out for air.** Fresh air and exercise are proven to help your wellbeing. Try to build time into your day where you can get outside. Take a walk, go for a run or a ride before you start work. If you can, do this during daylight hours.
- 4. Reduce the "noise".** The array of technology we have available can make our jobs easier, but it can also lead to feeling overwhelmed with updates arriving continuously by email/text/WhatsApp and chat functions on a variety of apps. Most of those have "focus" modes so you can mute incoming messages. You might want to try using these for periods of time (and let colleagues know how to reach you if absolutely essential) if you think it will help you concentrate more.
- 5. Try something new.** Learning keeps your mind and body active and engaged. It also gives you a sense of accomplishment. Is there something you have a particular interest in, now could be the time to try it out. It could be learning for work or a personal interest like trying a musical instrument, cooking something new, trying out a new art or craft or learning a language.
- 6. Take some time out.** It's easy to fall into a pattern of continual working. Think about planning some time off work to recharge and refresh.
- 7. Setting yourself a team goal or challenge.** Could you do something to inspire your colleagues to help their wellbeing?
- 8. Listen to music.** Music can help us regulate our emotions and releases dopamine and serotonin into our brains which can naturally improve our mood. There are a number of playlists on Spotify and other apps that can help you achieve just that.
- 9. Phone a friend.** Many of us have ended up regularly talking to a smaller group of people during this year's restrictions. Try reaching out to other colleagues, friends, or family you haven't spoken to as regularly to freshen up your social interactions.
- 10. Are you being mindful?** Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. You could try creating an internal space for your thoughts and emotions through the practise of mindfulness with regular mindfulness sessions or just tuning into your surroundings and sensations as you go for a walk can help focus on the present moment.
- 11. Switch off from social media.** Too much news can become overwhelming and make you feel anxious or sad, which can have knock on impacts elsewhere – affecting your sleep for example. If you're spending a lot of time scrolling through social media on your phone or other devices, you could try reducing your time on social media or taking some time out from social media for a short period of time.
- 12. And finally, if you can, consider getting a seasonal flu jab.**