

STALL STREET JOURNAL

WELLBEING NEWSLETTER FROM RELPH BENEFIT ADVISORS

How to Stay Healthy, and Safe During the Winter Season.

Here are some mental health and general wellness tips for winter so you can stay healthy during the colder, darker season:

1. Frequent Hand Washing

Though it sounds like a broken record, frequent handwashing throughout the day is an absolute must in maintaining your health during the winter. It not only helps protect your immune system and prevent you from developing flu and cold, but it protects others around you.

2. Exercise and Head to a Sauna or Steam Room

If you begin to feel yourself experiencing depression or higher levels of stress during and after the holiday season, steam rooms and saunas can help. They help tense muscles to relax which can alleviate feelings of stress. The high temperatures also get you working up a sweat, which is a great way to detoxify your body and your skin.

3. Take Vitamin Supplements

Consuming lots of vitamin C during the winter will help your body to battle cold and flu symptoms if you do experience them. Vitamin D helps to supplement the lack of light experienced during winter, but it's still important to get out in the sun whenever it does appear. Vitamin D helps to absorb

other important vitamins like vitamin A, iron and calcium.

4. Drink Herbal Teas

There are many types of herbal teas that can help you stay healthy. Herbal teas like lemon and chamomile can ease depression and anxiety by calming nerves and relaxing your body. They can also help you sleep better. Some herbal teas like green and Rooibos are great as antioxidants. For the most benefit be sure to look for organic teas made from high-quality ingredients.

5. Sleep Longer and Better

When the days get shorter, your body will naturally want to sleep longer and will adjust its rhythm to the hours of daylight. Use the longer evenings to wind down and begin relaxing before bed. Try to go to bed as early as possible to give your body enough rest during the times it craves it the most.

Many people choose to use light boxes that operate on a timer and turn on gradually when it's time to wake up. This helps your body feel like it is morning. Using this method means that over time, it will be easier to wake up, even if it's dark outside.

6. Practice Meditation and Relaxation

When you start to feel the winter blues, anxiety and stress, it's important to know how to manage it in a healthy way. Going for a walk outdoors whenever weather permits will drastically improve your stress levels, even if it's just once around the block. You may also want to develop the habit of deep breathing whenever you feel anxiety mounting. Meditation and mindfulness are great practices for managing stress as well.

7. Get Social

During the holidays, it's easy to find lots of things to do. Local community Christmas programs and events like parades, tree lightings, ice skating and craft fairs abound. But after the holidays, many people start to feel lonely as the activity and buzz die down. This is the perfect time to reconnect with old friends. Plan dinner and movie nights or a day for winter-themed crafts. Organizing family game nights is also a great way to stay connected with loved ones.



8. Take a Vacation

A winter vacation is a great way to shake off the winter blues and recharge yourself in a healthy way. Planning a getaway to a warmer climate will help lift your spirits and give you something to look forward to.

Even if going on a big vacation isn't in the budget, simply going outside will make you feel better. Bundle up and take a day to explore your town with new eyes.

For more information on wellbeing strategies contact Relph Benefit Advisors.

Its not happiness that makes us grateful, but gratefulness that makes us happy.