



Tip 1 - Keep to a daily routine

We feel better if we're up and dressed, having regular meals and going to bed at the same time. It can help us cope better with stress and uncertainty as well.



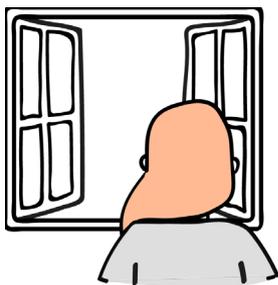
Tip 2 - Stay connected

Have a friendly natter by phone, online or at a safe distance (if we can), or, ring a helpline if you're lonely: www.mindwell-leeds.org.uk/help There's always someone to talk to.



Tip 3 - Do things you enjoy each day

Whether it's reading, watching a box set under a blanket, festive baking or finding ways to get creative. We may be inside more but keep doing the things you love.



Tip 4 - Get some sunlight and exercise

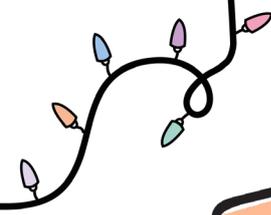
Try to get outside, according to government restrictions, for at least 20 mins each day, in a green space if you can. Or, open a window and let some fresh air in.



Tip 5 - Take care of your physical health

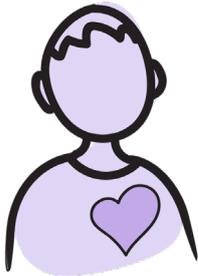
Eat nourishing food, sleep well and keep moving. In winter it's important to keep your home warm (18-21c) and drink regular hot drinks as well.





Tip 6 - Make a plan

Christmas and other faith festivals are likely to be different this year with less face-to-face socialising. It can help to make a plan for festive celebrations that are special to you. And if you don't want to celebrate that's OK too.



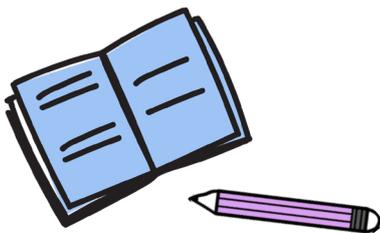
Tip 7 - Relax and unwind

Many people are feeling anxious about their health, job security or money worries. Take time to relax each day, whether that's caring for your plants, going for a run, or moving to your favourite festive tunes.



Tip 8 - Drink sensibly

Taking a mindful approach to what you're drinking can have benefits for your physical and emotional health and help you sleep better too: www.mindwell-leeds.org.uk/alcohol



Tip 9 - Write it down

Keeping a journal can help you plan your day, express gratitude and understand your worries and feelings. Winter is also a good time to think about your future goals and prepare for the new year.



Tip 10 - Ask for help

If you're struggling, it's OK to ask for help if you need to. It might be useful to keep a few helpline numbers handy or go to www.mindwell-leeds.org.uk/help There's always someone to talk to.

Visit www.mindwell-leeds.org.uk/winter for more information.