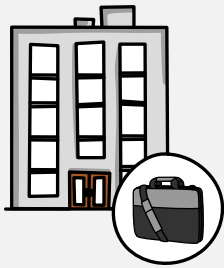


Winter Wellbeing

Factsheet

The Winter Blues

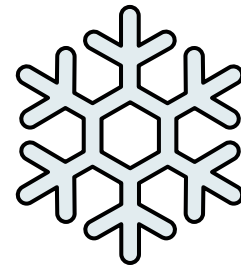
Winter is a wonderful time of year with festivities and plenty of chances for cosy evenings. But winter can also be a challenging time, which is why it's so important to ensure you take care of yourself and others during the winter months.



The Workplace

There are a number of things employers can do in order to make the workplace more inviting, such as:

- Keeping it warm
- Be welcoming
- Keeping it clean
- Kind gestures
- Praise the team
- Social interaction



Winter Depression

Seasonal Affective Disorder affects many people. Symptoms can include:

- Low Mood
- Irritability
- Poor focus
- Lethargy
- Stress & anxiety
- Low self-esteem



Health & Hygiene

Hygiene has a direct impact on our health and wellbeing. At this time of year bacteria and bugs are rife, this combined with people working in close proximity, shaking hands, touching keyboards and using telephones, it's all too easy for bugs to spread around the office.

Good hand hygiene is a simple way to reduce the risk of getting colds and flu and to stop it spreading to other people. So, wash your hands regularly and consider carrying anti-bacterial hand wipes or sanitiser.

If you are unlucky enough to catch the cold or flu then remember to 'catch it, bin it, kill it'. This means using a tissue to cover your mouth and nose as you sneeze or cough, disposing of it immediately and washing your hands afterwards. Remember that most flu viruses and cold germs can live up to twelve hours on a used tissue!

Tips for Winter Wellbeing



Set a Routine

By sticking to a routine and going to bed at the same time and waking up at the same time each day, you can greatly improve your health. Ensure that you have a healthy breakfast in the morning and regular meals after that.



Get Plenty of Sleep

Make sure that you get plenty of sleep in order to feel refreshed the next day and remember that sleep is a vital component of your overall health and wellbeing. It also allows the body time to repair and be fit for another day.



Balanced Diet

Eating a balanced diet will improve your health and will help to reduce the risk of heart disease. It's important to eat a variety of food within each of the five food groups because they vary in the amount of key nutrients that they provide. Eating healthily will help to sustain energy and concentration levels throughout the day.



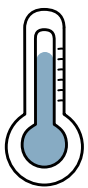
Healthy Lifestyle

Try to maintain a healthy lifestyle by making sure your diet is balanced, you keep physically active, you get plenty of rest and making sure you take care of yourself. With healthy habits, you will only see benefits, for yourself and for others.



Relax

Relaxation is another important part of your winter-wellbeing. It will help you to manage stress and anxiety and give you a chance to rejuvenate. It also allows you to focus on the present moment and clear your mind.



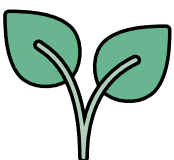
Keep Warm

Most organisations will see a rise in employee absence over the winter months, due to an increase in illness. One of the best ways to ensure that you stay well is to keep warm. Wear a number of layers so that you can adjust throughout the day.



Engage with Others

Socialising with others can also benefit your well-being. Winter can lead to feelings of isolation and loneliness, which is why it's important to engage with others and make positive social connections.



Try to Go Outside

Exposure to natural light can help to reduce winter depression. Go outside during breaks at work where possible and get some fresh air. There are health benefits in doing so and it will also help to brighten up your outlook for the day.