

TOP TEN TIPS To keep you well this winter

1. Embrace the season

and accept the change! We can't change the fact that winter is upon us, so why not make the most of the cosy nights in, the delicious taste of hot chocolate after that frosty brisk walk and the festive cheer of Christmas coming.



2. Hygge

is the Danish custom of cosying up during winter, so do as the Danish do and snuggle up for a movie night under candlelight. Find the cosiest blankets, stick on the onesie, and appreciate that you are warm and cosy inside, while it's cold and dark outside.



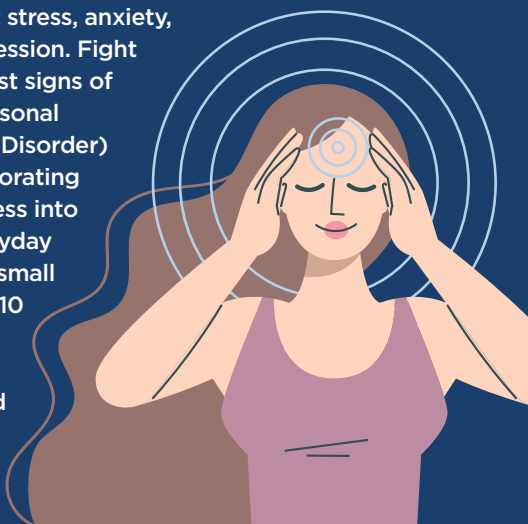
3. keep moving

we are all tempted to slow down slightly during the winter months maybe even going into hibernation mode. But the key to good wellbeing is to move your body. It helps keep the winter blues away and helps you get a good night's rest. Just 10 minutes of Yoga or Pilates every morning not only sets your body up for the day, but your mind will thank you for it too.



4. Mindfulness

has been scientifically proven to help fight stress, anxiety, and depression. Fight off the first signs of SAD (Seasonal Affective Disorder) by incorporating mindfulness into your everyday life, start small with 5 or 10 mins of keeping your mind quiet.



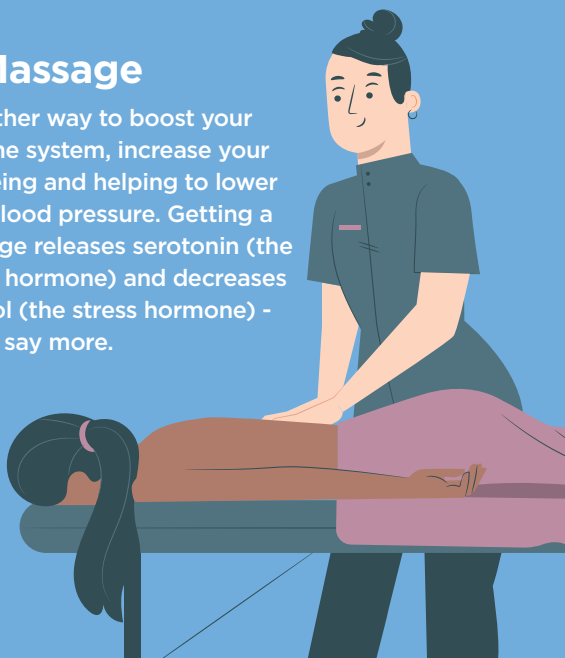
5. Meditation

is great for reducing stress, insomnia, depression, tiredness, and lack of clarity. 10-20 mins a day can improve your wellbeing significantly and for those who think you don't have time to do a formal sit-down meditation, try meditation activities throughout the day instead. All the things you do like showering, walking, or making tea can all be done mindfully, think purely of the task at hand and minimise mind chatter, allowing your mind to find that much needed head space.



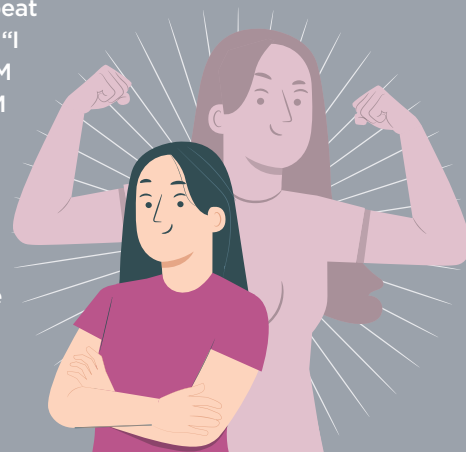
6. Massage

is another way to boost your immune system, increase your wellbeing and helping to lower your blood pressure. Getting a massage releases serotonin (the happy hormone) and decreases cortisol (the stress hormone) - need I say more.



7. Positive Mantras

are great to replace negative thoughts that can lead to illness. Using a mantra every morning, especially during the cold and flu season can boost your positivity. Repeat the following: "I AM WELL, I AM HEALTHY, I AM ENOUGH" as many times as you need to throughout the day, inside your head or out loud.



8. Enjoy

the Christmas period. Whether you celebrate it or not, the festive season provides an opportunity to decompress at the end of the year and recharge ahead of the next. Make the most of the break to unwind and to spend time doing the things you enjoy - whether that's spending time with family, kicking back with a good book, or catching up on a TV series.



9. Self Care

is something we tend to forget. Especially when you are busy with work and family. When going on holiday, the flight advice is always to put your oxygen mask on first before helping others, and those around you need you to be at your best so you can look out for them. So dose up on the extra vitamin C this season, add lots of garlic and ginger to your cooking and try adding some spices to your diet like turmeric to boost your immune system.



10. Aromas

can help bring about positive feelings that take you right back to happy times in your life. Fill your home/office/car with comforting aromas and take a few seconds to lose yourself in the moment, as you inhale your favourite scented candle, expensive shower gel or even the festive baking smells. Whatever smell you choose, close your eyes while you breath in the smell and allow yourself to escape reality and be transported back to your happy place.



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