



Staying Healthy IN THE WINTER MONTHS

Something to think about: Flu season peaks in winter, and while we're diligent about washing hands and cleaning shared spaces, we often overlook our cell phones. They can carry over 10,000 germs! Make it a habit to wipe them down regularly to reduce exposure.



Winter Workouts

After a stressful day, try going for a walk outside to boost physical and mental health. If exercising outdoors, warm up inside first to raise your body temperature and take the chill off. With shortened daylight, it's easy to lose motivation. Plan a short workout you can do at home—just a few minutes can improve mood, concentration, and alertness during the cold winter months.

Avoid Holiday Stress

Everyone loves the holidays but they can put some added pressure on us.

Create a Budget

Review your shopping list and set a maximum spending limit. Remember, the thought behind the gift is more important than the cost.

Shop Early

Start your holiday list early to avoid last-minute errands and ensure you don't miss out on the items you want to buy.

Don't Spread Yourself Thin

Write out all your commitments to prevent overbooking yourself. Decide what activities are most important to you.

Sleep

Don't get run down this winter! Sleep is important!

Adequate sleep helps:

- Prevent colds.
- Maintain a healthy weight.
- Decrease the risk of serious health conditions such as heart disease.
- Decrease stress and improve our mood.
- Think clearly and enable us to do better at school and work

How to promote restful sleep:

- Avoid late night snacking.
- Turn off electronics 2 hours before bed.
- Keep a consistent bedtime routine.
- Go to bed at the same time every night and wake at the same time every morning.

Sleep Requirements:

- School age 9-10 hours per night.
- Teens 8-10 hours per night.
- Adults 7-8 hours per night.

Staying Warm

It is cold outside but hot indoors!

Dress in layers.

Wool and fleece synthetic fibers generally are warmer than cotton materials.

Keep hands and feet warm

Keep your hands and feet warm this winter. Your body prioritizes blood flow to vital organs, reducing circulation to your extremities. Keep thick socks and gloves handy to stay toasty.

Move around

Being active will boost your circulation and increase your body temperature.