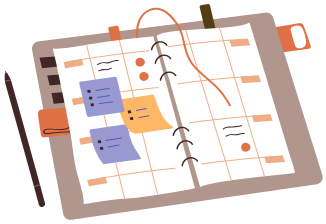
Mental Wellness in the Winter Months

NEW YORK STATE | Office of Mental Health

Sometimes our mental health can suffer during the winter months. The lack of sunshine and cold NY weather can cause feelings of sadness, isolation, and a lack of energy. Here are a few tips that might help boost your mental wellness this winter season.

1. **Plan ahead to keep yourself occupied.** Imagine yourself moving through the next few months. What do you want to be doing? Get your supplies out and set up your space to get started.



2. **Move your body every day.** Staying active can boost your mental wellness. Set a goal that works for you; like 10 minutes of dancing or getting a certain number of steps in each day.

3. **Improve your mood with fresh air and sunshine.** Bundle up and get outside every day. Consider activities that make it fun to get outdoors -sledding, stargazing, or hiking in a local park.

4. **Reach out to someone every day.** Staying connected is so important for your mental health.

5. **Do something for someone else.** When you are feeling down, acts of service can be uplifting. Consider volunteering for a cause, knitting for a homeless shelter, or checking in on a neighbor who is overwhelmed.

6. **Try something new.** When you've been in the same routine for a long stretch of time, your brain benefits from doing something out of the ordinary.

7. **Don't forget your basic self-care.** Make sure you get enough sleep. Eat nutritious food and drink enough water. These go a long way in helping you stay emotionally well.

8. **Get enough light during the day.** If you can't get outside, hang out in sunny rooms. If your living or working space is dark, consider getting a light therapy lamp.

9. **Reach out for help.** It's okay to feel overwhelmed or down in the dumps during the winter months. Admitting things feel tough and talking about it can help.

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