



## Stay well this winter

The winter months can bring many about challenges to our health and well-being. From cooler weather and less sunlight to year-end stress from holidays and work deadlines, it can take a toll on our health. Add cold and flu season to the mix and it becomes even more important to make sure that your health is a priority!

**Here are 10 suggestions to stay well this winter:**

- 1. Don't overindulge in food.** Stick to normal eating times, don't skip meals, and fill up following this simple equation: make half your plate fruits and vegetables, one quarter protein, and one-quarter grains.
- 2. Take time to focus on your mental health.** Practicing mindfulness, letting go of perfection, and knowing when to say "no" are great methods you can implement to protect your mental health.
- 3. Get proper shut-eye.** Have a before-bed wind-down routine (avoid alcohol, caffeine and vigorous exercise for several hours prior) and make your bedroom quiet, dark, and on the cool side. Always go to bed and rise at the same time.
- 4. Avoid centering winter gatherings on food.** Quality conversations and experiences with loved ones like playing board games, reviewing photo albums and taking walks together can be rewarding.
- 5. Incorporate movement into your daily routine.** Some examples: Walk several laps around the grocery store before shopping, use hand weights to strengthen muscles (full milk jugs work great!) or do jumping jacks during TV commercials or pause between the shows you're streaming for exercise break.
- 6. Don't forget the water.** It's equally important to stay properly hydrated in the wintertime, too—believe it or not, you should be taking in about the same amount of water in the winter that you do in the summer.
- 7. Take real time off from work.** Even a half day spent doing something restorative can help you reset. Step away to refresh yourself and prevent burnout. Avoid taking breaks and eating lunch at your desk or while you're working.
- 8. Let go of perfection.** Give up aiming for the knock-out gift or storybook tree trimming experience. If you're smiling and extending warmth, everyone will enjoy themselves!
- 9. Tap into whatever makes you feel good.** And focus fully on it, whether it's a window garden, music, art, books, yoga, crafting, or your dog's, cat's or kid's antics.
- 10. Wash your hands often.** It's important to wash your hands to prevent the spread of germs.



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