

Wellness tips for winter

With its colder weather and shorter days, winter can be a time of wanting to hunker down at home. It's important to honor your need for rest while also making sure you stay connected with others. Here are some tips for staying well this winter:

Nurture relationships.

Humans are social beings. Having healthy connections with others can help increase happiness, promote better health and even contribute to a longer life. Your relationships can also bolster you through hard times.

Set goals.

Identify things you want to accomplish and realistic steps you can take. Goal setting can give you clarity, direction and motivation.

Set boundaries.

Learn when to say yes and when to say no to honor your needs and time. Boundaries are about what you can say and do to respect your feelings and limits.

Fuel your body.

Give your body the fuel and nutrients it needs. Be sure to get enough potassium, fiber, calcium and Vitamin D from your diet.¹



Move your body.

Staying active can help relieve stress and boost mood and energy. Find types of movement that feel healthy and enjoyable for you.

Have a routine.

Knowing what to expect can be comforting. And having established habits and patterns can help you stay on track.

For help coping this winter, visit your Resources for Living site. We're here 24/7 for you and your household members.

¹ [Dietary Guidelines for Americans](https://www.dietaryguidelines.gov). Available at: [Dietaryguidelines.gov](https://www.dietaryguidelines.gov). Accessed August 2023.

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