



Mental Health in Schools Team Tips For Wellness



Winter Wellness

It is important to focus on our wellness during the colder months. Winter is a time where our bodies may start to crave the same warmth and comfort we had during the summer months. We might associate winter with the winter blues, but we need to try and create some space for self-care and slow down to nourish our physical and mental health! Sometimes we might feel the winter blues because of the lack of sun and vitamin D we are getting. This is why our mental wellbeing should be a big focus during these months, and we should find creative ways to stay on track, keep up motivation, and look after ourselves.

Our Top Tips For Winter Wellness:

1. Wrap up warm and lay down with a blanket and a hot drink.
2. Do some **fun activities outside** in the natural sunlight such as going for walks or seeing friends (you might need to wrap up warm for this!) Even on cold days, fresh air and natural light boosts our mood.
3. **Stay active** – try indoor exercises to help get your body moving during the colder months. You could keep your energy up by dancing, swimming, or practising yoga. You could also find an exercise video online for you to do at home!
4. You might even want to go to your local café and read a book in the daytime or have a warm relaxing bath when you're home after a cold day.
5. **Keep up your routines**- getting up in the morning is harder in winter when it's cold and dark. Shorter days also make it tempting to sleep more, but consistent sleep helps your mind feel balanced.
6. **Eat well and stay hydrated** — good nutrition fuels your brain and body.
7. **Talk about how you're feeling** — sharing your thoughts can help if you're feeling low or stressed.

Remember to always make time for yourself at the end of a long day!

*Scan the QR code for more ideas
about how to keep well in Winter:*



In Coventry and Warwickshire, for any urgent mental health concerns, contact the Children and Young People's Mental Health Crisis support available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice