

## Wellbeing Tips Over the Winter Break

Here are 7 tips from the Schools Guidance and Wellbeing Office on how to stay on top of your health and wellbeing over the winter break.

1. **Keep Moving** - Stay Active: Incorporate regular exercise into your routine and remember the benefits of moving as much as possible, especially during the winter. Even a brisk walk can lift your spirits. If it's too chilly outside, try indoor activities like yoga or home workouts.
2. **Stick to Healthy Habits** - Consistent Sleep: Maintain a regular sleep pattern to ensure you don't completely lose your rhythm over Winter break. Many students are in the middle of their exam period over this break, and it can be critical to stay in a routine because of this. Here are some sleep tips: [Tips for a healthy sleep](#)
3. **Connect With Others** - Social Interaction: Spend quality time with family and friends, whether in person or online. Social connections are vital for your mental health.
4. **Maximize Daylight** - Outdoor Time: Make the most of daylight hours by getting outside. Natural light can significantly boost your mood. (After 21st December: The good news is that the days start to get longer and lighter after this date!)
5. **Prioritize Self-Care** - Hobbies: Engage in activities you love and take time to enjoy the things you don't always have time for.
6. **Planning Ahead** - Looking back first: Evaluate and reflect on your achievements so far and consider what you want to achieve next. Try not to be too hard on yourself and remember it is a marathon not a sprint!
7. **Seek Help When Needed** - Mental Health Resources: Keeping up with your mental health is critical at any time of year. To see a wide range of mental health options, follow this [link](#). Remember SSE also has a Student Wellbeing Counsellor who you can speak to. If you would like to book a meeting, follow this [link](#).

For more information and the whole article go to this [link](#).