

MINDFUL MOMENTS

FROM FUSION

**MANAGING WELLBEING
THROUGH THE WINTER MONTHS**

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MANAGING WELLBEING THROUGH THE WINTER MONTHS



Winter in the UK can be a bit of a mood thief—short days, grey skies, cold weather. It's totally normal to feel a dip in mood.

Here are some practical, easily achieved tips to help you protect and manage your wellbeing through the darker months:

Light (the big one)

Chase daylight: Get outside during daylight hours, even a 10–20 min lunchtime walk helps.

Bright mornings: Open curtains the moment you wake up. If mornings are difficult, a SAD light (10,000 lux) for ~20–30 minutes can help some people.

Work by windows when you can.



Mind & mood



- **Lower the bar:** Winter energy is different. Be kind to yourself about productivity. Set yourself achievable goals.
- **Micro-joys:** Tiny, cosy rituals (nice coffee, warm shower, a book chapter, an episode of a favourite series) all add up.



- **Name it:** If you notice low mood every winter, it might be seasonal low mood/SAD. That awareness helps you plan ahead.



- **Talk it out:** Don't hibernate emotionally. Even a quick check-in with a friend can lift the fog and you could be supporting that person's wellbeing too.....





Body basics

(boring but powerful)

- **Move a little, often:** Walks, home workouts, or anything that raises your heart rate will give a mood boost.
- **Eat warm, real food:** Soups, stews, oats—comforting and stabilising.
- **Vitamin D:** In the UK, many people supplement in winter (common advice is 10 micrograms/400 IU daily, but check what's right for you).
- **Sleep rhythm:** Try to keep wake/sleep times steady even when it's dark at 4pm.



Make your space winter-friendly

Cosy atmosphere:



Warm lighting, candles
(safely!), blankets, plants.

Create a “winter nest”:



A comfy corner you
enjoy being in.

**Declutter one small area,
a cupboard or drawer:**



Low effort, oddly
good for your head.

Plan things to look forward to

Book small joys into your diary: coffee dates, a class, a weekend walk, a film night. If you can, plan a mini break or day trip—even a different town can reset your brain.



When to get extra support

If winter lows start to feel heavy, persistent, or you're losing interest in stuff you usually enjoy:

- Your GP can help (and will take SAD seriously).
- NHS Talking Therapies (self-referral in England) are free and extremely helpful.
- If things feel urgent or overwhelming, reaching out to support lines is a strong move, not a weak one.

- [NHS England » Improving personal health and wellbeing](#)
- [Understanding seasonal affective disorder \(SAD\) | Mind](#)
- [Find NHS talking therapies for anxiety and depression - NHS](#)