Feel Well

Tips for maintaining wellness in winter.

1. **Establish a routine.** Doing regular activities at certain times can help you feel good.

2. **Keep warm.** You may qualify for a winter fuel or cold weather payment to help keep your home warm.

3. **Stay hydrated.** Have plenty of hot drinks and make sure you keep hydrated.

4. **Stay connected.** Keep in touch with family and friends.

5. **Keep your brain active.** Do things that you enjoy and that are good for your brain, such as reading, crafts, puzzles or online games.

6. **Extra light.** A lack of daylight can affect your mood, so try to introduce extra light.

7. **Sleep.** Try to get plenty of sleep and go to bed at a similar time every evening.

Westfield Health