Mental Health & Well-Being This Winter

Sometimes our mental health can suffer during the winter months. Here are a few tips to boost your mental wellness this winter season.

1 *Move your body every day.*

Staying active can boost your mental well-being. Set a goal that works for you; like reaching a certain number of steps in each day.

2 *Reach out to someone daily.*

Staying connected is so important for your mental health.

3 *Don't forget your basic self-care.*

Make sure you get enough sleep. Eat nutritious food and drink enough water.

4 *Do something for someone else.*

When you are feeling down, acts of service can be uplifting.

5 *Get enough light during the day.*

If you can't get outside, relax in a sunny room or space. If your living or working space feels dark, consider getting a light therapy lamp.

6 *Reach out for help.*

It's okay to feel overwhelmed and burnt out right now. Admitting things feel tough and talking about it can help. *Visit www.pawnee.org.*

Pawnee Mental Health

Visit us online at **pawnee.org**