

How to look after your wellbeing in winter

Winter is fast approaching, so as well as preparing your home, it's equally as important that you look after your mental and physical wellbeing too.

Here are some simple things you can do to look after your wellbeing in the colder months:

- **Eat well** - As well as your 'five a day', try to eat more warm food and drink hot beverages. It'll help you keep your energy levels up and stay warm. If you're not able to prepare your own meals, get in touch with your local council and find out if you might be eligible to get meals delivered to your home.
- **Keep active** - Move regularly, it's good for your physical and mental wellbeing. If you're unable to get out of the house for a short walk, just getting up to make a cup of tea will do you good or do some chair exercises to keep your muscles moving.
- **Stay social** - Whether it's in person or online, it's important to connect with others. After the past 18 months, it's likely we're all needing to see people, there are telephone befriending schemes available if you'd like to talk to someone regularly. Age UK and Independent Age both have schemes.
- **Enjoy yourself** – The cold, dark months can make you feel like you want to hibernate, but you should try to do things, go to places and see people that make you feel good. Want to try something new? Get in touch with your council or the nearest library to find out what's available in your local area.
- **Get some sleep** - But not too much. As strange as it sounds, we can often feel more tired in winter so it's easy to have a few more naps. Getting too much sleep can have a negative effect on our wellbeing and can lead to us feeling sluggish. Aim to keep your routine; go to bed and get up at the same time each day.

How can you get in touch with BWC?

Find out more about the practical ways to prepare for winter by reading BWC's How to prepare for winter guide. If you'd like more advice and guidance, call their free and confidential Helpline on 0800 0234 834 – they're open 9.00am-5.00pm, Monday to Friday (except bank holidays).

[How to prepare for winter](#)

[BWC retiree support page](#)