

Winter Wellness Guide

Ideas for maintaining wellness and motivation during the winter months

Stay active and spend time outside:

- Spending time outside, even in colder months, can support a more positive mood.
- Maintaining your regular exercise routine can help lift your mood and keep you feeling energized.
- Try something new and keep your mind active to avoid feelings of boredom or loneliness.

Practice Mind-Body Connections:

- Try relaxation techniques like yoga, meditation or Tia chi.
- Listen to your favorite music or calming sounds.
- Maintain regular food and water intake.

Stay connected with peers:

- Socializing and spending time with loved ones can support good mental health.
- Plan time with friends and family; even a phone call can help you feel connected.

Keep your environment bright and warm:

- Open blinds and work in areas that are lit with natural light.
- Pick clothing and food options that make you feel warm.
- Try a light box. 20-30 minutes a day of UV light exposure can help reduce feelings of depression.

Visit the Wellness Resource Center on the 5th floor of 73 Tremont, to the left of the elevators, for more wellness techniques and resources during the winter months.

Students who would like to speak with a counselor regarding emotional changes during the season should call CHW at 617-573-8226.