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NOVEMBER 2017 Health & Wellbeing Newsletter

Are you suffering from the winter blues?



The days are getting shorter; it's dark on the way to work and dark on the way back. Rainy, windy weather, icy roads and frozen car windscreens. The winter can seem a gloomy time of the year.

Seasonal Affective Disorder (SAD) or the winter blues, is a condition of low mood or depression at this time of year felt by people who have normal mood throughout the rest of the year. The condition is believed to be related to the amount of sunlight we receive through our eyes and it affects around 2 million people in the UK. There are however several things that can help to relieve the symptoms.

Keeping up your social interaction is important for wellbeing at any time of the year, but especially now as the temptation to stay inside can mean that we are less involved in our social groups. Talking

to friends and family about feeling a bit low at this time of year is a good way to avoid feeling isolated, a feeling that can be brought on by SAD.

Make sure that you are accessing as much daylight as you can. Sit by the windows when inside, make sure your home is light and airy and get outside as much as possible. Light boxes are often used as a treatment for SAD, and sitting in front of the light source at your desk or at home can be very helpful. Try to get out and about during your lunch break at work, even if it's just for ten minutes.

Maintain your normal healthy lifestyle with regular exercise and healthy balanced meals. Exercising outside is obviously good as you get the light and exercise together. Keeping up your intake of colourful fruit and vegetables over winter is vital to obtain healthy nutrients. Salads are not just for summer!



Food of the Month - Red Cabbage

High in vitamin C this wonderful vegetable can be eaten raw, braised or steamed. It goes really well with Christmas turkey!



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Have a Happy Christmas!



We all say it and mean it, but often it is a stressful time of the year. There is pressure on us to have fun and be entertaining, spend money and provide presents and of course cook up a feast.

Add this to potential winter blues and maybe other long term stresses, and very quickly, this time of year can become the peak time for stress. But, we are here to help with our **'CHRISTMAS WELLBEING SURVIVAL GUIDE'**

TIME

- Plan ahead. Don't double book events
- Ensure positive activities are included
- Keep demands manageable. Saying no can actually be positive
- Get as much done as early as you can

MONEY

- Always shop around, buy online and look for deals
- Spread the spend over a few months by planning ahead
- Set a realistic budget, and stick to it!
- Do not leave shopping until the last minute!

PERSONAL

- Exercise 3 x per week or more
- Make time to relax
- Don't drink too much
- Enjoy the Christmas food, but remember, all things in moderation

National awareness days in the run up to the festive season:

Alcohol Awareness Week
13th-19th November

World Diabetes Day
14th November

Decembeard (bowel cancer awareness)
1-31st December

Tip of the month

Switch to indoor training when the weather puts you off. Don't miss a workout due to rain or ice. Instead, use YouTube videos at home, attend a class at the gym or if you're a cyclist, use a turbo trainer.

“ You can get it if you really want, but you must try, try and try, try and try, you'll succeed at last

Jimmy Cliff

