Winter Wellness

1. Prioritize Rest & Healthy Routines

- Keep consistent sleep schedules and limit evening screen time.
- Maintain regular routines around meals, schoolwork, and downtime.
- Encourage balanced meals with plenty of whole foods.

2. Stay Active — Indoors or Outdoors

- Take advantage of daylight for outdoor movement when possible.
- Try winter activities like skating, sledding, or walking.
- For cold days, use indoor options such as yoga, stretching, dance breaks, or simple home workouts.

3. Support Mental and Emotional Health

- Practice mindfulness or deep-breathing exercises.
- Try gratitude journaling or "feeling journals" for younger kids.
- Encourage self-kindness and realistic expectations during winter months.

4. Foster Social Connection

- Plan family game nights or creative projects.
- Help kids and teens stay connected with friends through calls, video chats, or shared virtual activities.
- Reach out when you or your child needs extra support.

5. Encourage Creativity and Fun

- Plan simple, meaningful activities together such as cooking, crafts, or themed movie nights.
- Involve kids in choosing family activities so they feel ownership and excitement.

6. Learn Coping Skills and Seek Support When Needed

- Explore resources that teach stress management or mental wellness strategies.
- Consider community programs such as friendly call-check-ins or youth mental health services.
- Don't hesitate to reach out to professionals if concerns arise.

Here are a few sources for additional information

Tips to Improve Your Mental Health in the Winter

10 Cool Ways to Beath the Winter Blues

Winter Wellness Tips for Kids and Teens

Five Ways to Overcome the Winter Blues

Winter Mental Health Tips