

Winter Wellness: Looking After Yourself This Season

As the colder months settle in, many of us find ourselves spending more time indoors, navigating shorter days, and adjusting to the seasonal shift. Winter can be a wonderful time of year, but it also brings a few extra challenges for our health and wellbeing. At the practice, we want to help you stay well, resilient, and supported throughout the season.

Keeping Well Through Winter

A few simple habits can make a meaningful difference to how you feel during the colder months:

- **Stay warm:** Layering clothing, keeping your home heated to a comfortable level, and using blankets can help you stay cosy and reduce the strain cold weather can place on your body.
- **Eat nourishing meals:** Winter is a great time for warm, hearty foods. Balanced meals with a mix of vegetables, whole grains, and protein can help support your energy levels.
- **Keep moving:** Even gentle activity—like walking, stretching, or light indoor exercises—can boost your mood and support your overall wellbeing.
- **Look after your mental health:** Shorter days can affect how we feel. Staying connected with others, getting outside when you can, and making time for activities you enjoy can all help.
- **Rest well:** Good sleep is essential year-round, but especially in winter when your body may need a little extra recovery time.

Flu Vaccinations: Protecting Yourself and Others

Winter is also the peak season for flu. If you're eligible for a flu vaccine and haven't had yours yet, we encourage you to book an appointment with the practice. The flu vaccine is a simple and effective way to reduce your risk of becoming unwell and helps protect those around you too.

You can contact the practice to arrange your appointment at a time that suits you.

Wishing You a Healthy and Happy Festive Season

As we approach the festive period, all of us at the practice want to send our warmest wishes to you and your loved ones. Whether you're celebrating, resting, or simply enjoying some quiet time, we hope the season brings you comfort, joy, and good health.

Dr Maya Chowdhury