

Importance of Sleep to Promote Mental Wellbeing

Getting a good night's rest is crucial to both physical and mental health. A bad's night sleep doesn't only leave you grumpy and sluggish the next day but can affect cognitive skills, the ability to cope with stress, can dim your ability to control your emotions and behavior and can increase risk of mental health disorders.

Think about your body as an electronic – something you need to charge for optimal function. Here are a few ways to create healthier sleeping habits:

- Create and maintain a set bedtime
- Wind down at the end of the day by dimming the lights and putting electronics away
- Avoid alcohol, tobacco and caffeine in the evening
- Get regular exercise and natural light exposure
- Block out excess light and sound that can disrupt sleep



Staying Active During the Winter Months

Colder temperatures and shorter days can make it harder to stay active, but maintaining regular physical activity during the winter is important for both your physical and mental health. Staying active helps support your immune system, improve mood, boost energy levels and maintain overall wellness.

Take advantage of indoor options

When outdoor conditions aren't ideal, look for ways to stay active indoors. Home workouts, fitness classes, yoga, and stretching are all effective ways to keep your body moving without leaving the house.

Dress for the weather

If you enjoy outdoor activities like walking or jogging, wear layers to stay warm and comfortable. Proper footwear with good traction can help prevent slips on snow or ice.

Stay consistent

Even short periods of activity can make a difference. Aim for at least 20-30 minutes of movement most days of the week. Consistency is more important than intensity.

Make it part of your routine

Schedule activity into your day just like any other appointment. Taking a walk during lunch, stretching in the morning, or doing a quick workout in the evening can help you stay on track.