

# Taking Positive Action for Better Wellbeing in Winter



"There's no such thing as good weather, or bad weather. There's just weather and your attitude towards it." – Louise Hay

The way we see the weather – as either 'bad' or 'good' – has more of an impact on our wellbeing than the weather itself



All weather is different, and because of that difference, we can get something different from each change; something positive – if we approach it in the right way

Supplement your diet with Vitamins D and B12 to give you a boost during the darker months



"There is no bad weather, only inappropriate clothing." – Ranulph Fiennes

Nature can do absolute wonders for our wellbeing, so don't let the wintry weather stand in your way: wrap up warm, head outdoors, and breathe it all in



Don't put too much pressure on yourself, but do try to stay active. A sedentary winter won't help your mood

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather." – John Ruskin



Keep hold of your connections by inviting a friend over, attending a cooking class together, or arranging a virtual coffee date. Relaxed socialising in winter can really boost your form

Batch cook meals in winter and freeze for those days when you don't feel up to cooking



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