

FOR IMMEDIATE RELEASE

For more information, contact Valori Stone

Family & Community Wellness Agent, Wildcat Extension District

[valori@ksu.edu](mailto:valori@ksu.edu), 620-378-2167

## Weathering Winter

Maintaining mental health is essential as winter is fast approaching and many of us will begin to isolate ourselves more to avoid winter illness or winter weather conditions. Integrating the following practices can significantly contribute to maintaining mental well-being during any type of isolation.

- Predictability – Predictability can ease anxiety. Be sure to structure your day with set wake-up times, meals, work and/or study hours, and relaxation periods.
- Exercise - Exercise boosts endorphins and helps manage stress. You can do physical work outs at home, such as yoga, lifting weights, or following an online workout video. Don't overdo it, go at your own pace. Anything is better than just sitting for long periods of time.
- Mindfulness – Practice mindfulness and relaxation techniques. Meditation, deep breathing exercises, or mindfulness can alleviate stress and promote mental well-being.
- Stay connected - Social connections are crucial for mental health. Connect virtually to stay in touch with friends and family through video calls, messaging, or online social groups.

Other tips are to set goals like organizing your space or taking care of home projects you keep putting off. Try and pursue some activities you enjoy, like reading, watching a movie, creating an art or craft project.

Be sure to spend time in natural light. Vitamin D from sunlight positively affects mood. When possible, open windows for fresh air.

Be kind to yourself and accept that it is okay to have ups and downs and seek support if needed. It is about finding a balance that works for you. Integrating these practices can significantly contribute to maintaining mental well-being during any type of isolation.

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