How to Care for Yourself in the Winter

Winter can be a beautiful and contemplative season, but it’s often difficult to enjoy it with the cold temperature and various illnesses in the air. Luckily, it’s entirely possible to enjoy a picturesque winter season with a few simple steps! This guide will give you all of the self-care tips you need to enjoy winter today.

**Staying Healthy and Warm**

One of the most difficult things about winter is the high-probability of getting sick. Whether it’s a sore throat, stuffy nose, or dangerous flu, you’ll want to protect yourself while still enjoying the season’s benefits. While flu vaccinations and over the counter medicines are common, these tips can help protect you while also being enjoyable by themselves!

First, you’ll want to keep your body and home warm throughout the season. This seems obvious enough, but it requires more than just a sweater and heater. Make sure to wear socks indoors to keep your body temperature down, and sip on warm tea throughout the day. Avoid caffeinated teas in the evenings and instead choose something calming like chamomile.

As the temperature drops, you’ll also find that the air gets drier as well. This can cause your throat and sinuses to get scratchy which also leaves you more susceptible to common colds. To prevent this, get an air humidifier and add some pleasant natural oils into the mix. Oils like lavender, lemon, or peppermint can open your airways and keep you relaxed throughout the season. Plus, a humidifier makes your room’s air moister which will keep your sinuses clear no matter the temperature outside!

**Taking Care of Your Mental Health**

Depending on where you live, the winter may bring subzero temperatures and occasional snowstorms. When the sun isn’t present for long periods of time, your body begins to produce less vitamin D. When you have a vitamin D deficiency, you may experience mood swings along with other symptoms like depression, lethargy, and insomnia. To help, try a small vitamin D supplement to keep your levels stable throughout the darker months.

Your mental health can also improve through regular exercise. While you may not be able to run outside, you can practice yoga or bodyweight fitness inside of your home in any season! Do some daily pushups, jog in place, or simply shake out your arms throughout the day. Even the smallest amount of exercise can go a long way in keeping your mind and body healthy during the winter.

**Arts, Crafts, and Literature**

You may spend more time inside during the winter months, but that doesn’t mean you have to be bored! Find some unique activities or games that you can play inside to stay busy. This could be a new board game or something more personal like arts and crafts. Learn how to draw, or reignite a passion for a craft that you haven’t enjoyed in a while. Plus, nothing’s better than diving into a long and well-written book during the winter! Have some hot chocolate, curl up in a blanket, and enjoy that book you’ve always been meaning to read.

While the winter may not be everyone’s favorite season, it can be an enjoyable time if you put your mind to it. Plus, you can get some festive and colorful lights to hang indoors so you can always enjoy the warmth of the season. By following these tips, you’ll be sure to have a wonderful winter season without worries!