



Winter Wellbeing



This winter wellbeing pack is a small gift, made with care and shaped by lived experience. Inside are simple comforts, grounding activities, and gentle reminders that how you're feeling matters.

There's no right way to use this pack. Take it at your own pace, and keep what feels helpful.



www.uok.org.uk

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Staying Emotionally Well

Small moments of care can help steady the nervous system.

- Make a warm drink mindfully
- Hold something warm: a mug or hot water bottle
- Step outside and notice five things you can see or hear
- Stretch your body slowly
- Tend to a houseplant – small care can bring calm

Dealing with SAD (Seasonal Affective Disorder)

Less daylight can affect mood, energy and sleep.

- Simply sit near a window.
- Try to go to bed and wake up at the same time every day
- Keep a diary to help identify patterns

A small act of kindness

Do something nice for something else

- Say hello to a neighbour and ask them how they're doing,
- Check in with a friend,
- Make a warm drink for anyone around you.



Staying Socially Connected

- Visit local libraries, community cafés or warm spaces
- Join free apps like MeetUp
- Hearing what helps others can make you feel less alone
- Reach out to a friend/ Call family

Mindfulness and Movement

- Art, crafts or making things with your hands
- Dance at home or in community spaces
- Breathing techniques



Tiny Wellbeing Activities

Keeping your hands or mind gently busy can help.

- Try a mini crochet square or colouring
- Do art, crafts or making things with your hands
- A walk to notice light – look for sun, streetlights, reflections
- Simple warming recipe – soup, porridge, roasted veg

Comfort and Ease

Winter can be a lot. Your environment matters.

- Use soft lighting, lamps or fairy lights instead of harsh overhead lights
- Choose familiar textures: weighted blankets, cosy clothes, favourite fabrics
- Keep routines predictable where possible
- It's okay to choose comfort over pressure



Support That Feels Human

- Hearing real examples of what helps others
- Ask yourself: "What brings me light in winter?"
- Being reminded that help exists when you need it
- You don't have to manage winter on your own.



Additional Resources

Cost of living & energy support



Brighton & Hove Household Support Fund

Food & eating well on a budget



Brighton & Hove Food Partnership

Winter wellbeing support



UOK Winter Wellbeing – Practical Support



Reach out for support

I'm

~~actually not doing very well, everything exhausts me and I feel lonely. Trying not to be a burden and feel~~

OK.



Winter Wellbeing Checklist

 **Have I...**

...done something today that brought me a sense of comfort?

...noticed any daylight, even for a few minutes?

...moved my body in a way that felt kind rather than demanding?

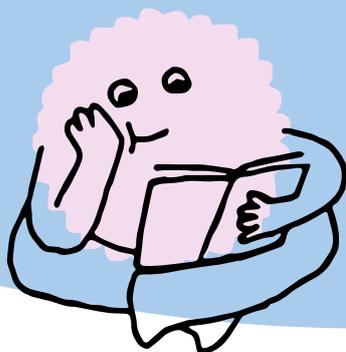
...eaten something nourishing or warming?

...connected with someone, in person or remotely?

...done something creative or enjoyable, just for me?

...allowed myself rest without guilt?

...remembered that it's okay if winter feels harder?



We hope this little gift brings you some comfort and warmth- especially in the cold.
Wishing you joy!

