



Student Wellness Program

<http://ubhc.rutgers.edu/swp/index.html>

Winter Wellness

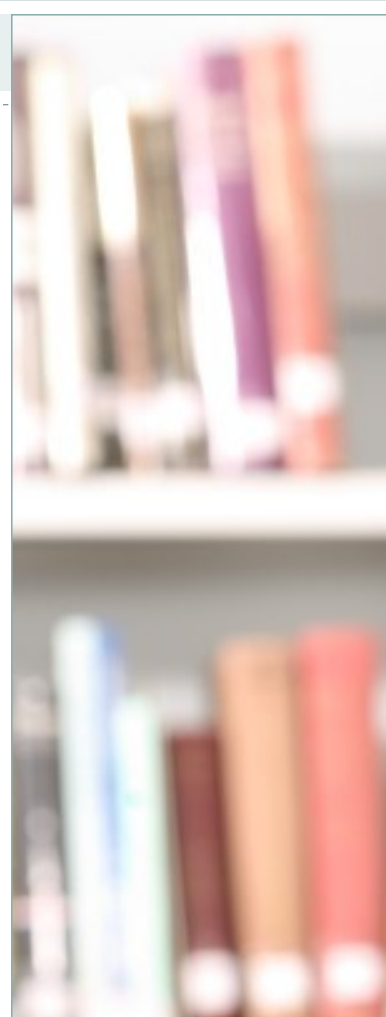
Now that the change of seasons is upon us with colder, shorter days, it is not uncommon for people to notice a shift in their moods. If you find the winter season is a difficult time for you, one of the best ways to practice healthy self-care is to be proactive and engage in planning for the winter months ahead. You may try to take a moment to reflect on past winter seasons and how you experienced them both emotionally and physically. See if you can challenge yourself to find aspects you enjoy and may even be grateful for. Taking time to shift focus on the positive aspects of the upcoming season can have a powerful effect on how you experience it. Here are some questions to help you get started:

- Do you enjoy the smell and/or feel of crisp air on a cold day?
- Do you enjoy snuggling up in a blanket and watching a movie or reading a good book?
- Do you enjoy drinking warm drinks like coffee, tea or hot chocolate?
- Do you enjoy engaging in outdoor, winter activities?
- Do you enjoy looking forward to and planning for the winter holidays?

Taking care of basic self-care needs is also important during this time. When we are making active efforts to tend to our wellbeing, even the most stressful times become more manageable:

- *Ensure you are getting adequate rest.* When we aren't well-rested, even simple things become more difficult to manage.
- *Check in with your eating habits.* During the cold winter months you may find that you are drawn to comfort foods, but this may not be the best option, these foods tend to leave us feeling sluggish and less active. It's ok to have some comfort food, but try to plan ahead for some healthy options.
- *Don't let the winter months slow down your exercise plan.* Come up with alternatives for when the weather is too cold or dreary to help stay active and energized.
- *Be sure to stay connected with your social supports.* Don't let the cold keep you away from connecting with friends, family and loved ones. Try to avoid saying "no" automatically when the invites come - you will likely be glad you connected afterwards.

The winter months don't have to be a time to dread! With some good planning and a little bit of effort, you can make this your best winter yet!



RUTGERS HEALTH

Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

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Student Counseling
Educational Training
Consultations
Psychiatry Services
Orientations
Crisis Debriefing

SWP SERVICES

Let's Target Loneliness

Take time to connect and/or check-in - Schedule time to connect with the people you enjoy spending time with. Even sending a simple text message to family, friends, etc. can help ease a sense of disconnect.

Go for a walk - Getting outside, even if just for a few minutes can be helpful. Practice mindfulness by using all of your senses.

Monitor social media exposure - This can be a fun way to stay in touch, but it can also lead to comparisons and anxiety and intensify feelings of loneliness. If you notice a dip in mood or anxiety; you may want to limit your exposure. It will still be there if you decide to return to it later.

Reconnect with yourself - this may be an opportunity to engage in, reconnect or find new interests and/or hobbies.

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress based events.

All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance abuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

We are a phone call away...

Piscataway:

(732) 235-5933

Newark:

(973) 972-5429

Voorhees

(Stratford/Camden Campus):

(856) 770-5750

