



## The winds of winter

### Description

**Winter brings unique challenges to our health and general wellbeing, but understanding how to care for ourselves during the colder months can mean the difference between a season of sickness or one of vitality.**

Maintaining good health during winter is particularly crucial as that's when cold and flu viruses circulate more readily. Our immune systems also face additional stressors such as shorter daylight hours, which can affect our mood and energy levels.

By taking proactive steps to protect your physical and mental health, you can enjoy the season rather than simply enduring it.

# SCORE 10/ FOR WINTER WELL

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**Stay hydrated:** Cold weather reduces thirst sensations, but hydration remains essential.



**Wash hands frequently:** Prevent germs from spreading and reduce infection risk.



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## Category

1. Our Wellness

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