

Shift Your Winter Mindset

Tools to help you feel better, stay connected, and boost your wellbeing this winter

Your Mindset Matters!

Winter can be tough - darker days, cold conditions, and more pressure at work and home. But small, simple changes can shift how we feel and help us support each other.

Here's what helps:

Reframe Winter

Try to focus on **what winter brings**, not just what it takes away.

- Make time for rest and recovery
- Find comfort in routines
- Get outside in the daylight when you can
- Keep a consistent sleep schedule

Be Kind (To Others & Yourself)

Even small acts of kindness can change someone's day - including your own.

- Check in on someone who seems quiet
- Offer help or just listen
- Practice **self-compassion**: treat yourself like you'd treat a mate
- If you're tired or struggling - it's okay to take a breather or ask for help



Stay Connected

You don't have to power through alone. We're wired for connection.

- Make time for chats, not just checklists
- Eat with others when you can
- Use buddy systems or group check-ins on site
- Reach out — connection is protective

Stick to Your Values

This winter, focus on what really matters to you.

- Time with family or friends
- Being present, not perfect
- Giving your time instead of just gifts
- Doing something meaningful in your community

Savour the Small Stuff

Noticing the good moments - no matter how small - can boost mood and motivation.

- A warm drink, a good view, a job well done
- Share one positive moment each day with a team mate
- Celebrate small wins



Winter is tough. But so are you.

Let's look after each other and build a better mindset together.