Harvest Home & Inwood Crossing
ASSISTED LIVING | MEMORY CARE

Harvest Home

Resident Spotlight

Monthly Highlights

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Staying Mentally Healthy During Winter

Winter can be tough. Cold weather and the early setting sun can make the days blend together and seem bland. Being physically healthy is one thing, but something a lot of us neglect is our mental health. Here are some tips on staying mentally healthy this winter.

Talk to a friend.
It's easy to get lost in the hustle and bustle of daily life but talking to a friend about life and your feelings will make you feel a lot better.

Eat well.
It's okay to indulge in junk food and sweets every once and awhile, but healthy foods make us feel better about ourselves and our lives. Make sure to eat a lot of protein, vegetables, and fruit.

Do something you love.
We all need to take time for ourselves. Take some time to read a book, watch a movie, knit, or anything else you might love to do. Doing something fun gives us a break and time to recharge.

Care for others.
One of the best things we can do as humans is helping those around us. Not only is it a kind thing to do but caring for those around us helps strengthen relationships and bring us closer together.

Learn to accept yourself.
One of the best things you can do for your mental health is learning to love yourself. We are all different in our own special ways and that is what makes humanity so great. Try not to compare yourself to others and know that the way you live your life is just fine.

Happy Birthday to *You!*

"In seed time learn, in harvest teach, in WINTER enjoy."

– William Blake