

Discover our Keyton Resident Health & Wellbeing Team's top tips to thrive during winter!

 Utilise this weekly checklist to stay on track throughout the cooler season.

WEEK		ACTION
1	<input type="checkbox"/> Beat the winter blues with colour therapy! Colour-mood studies show that yellow boosts mood and happiness, red stimulates energy, green invites harmony, and blue cultivates calm and reflection.	Incorporate bright-coloured blankets, clothing, or art to align with your emotional goals.
2	<input type="checkbox"/> Many residents like to leave Australia for international holidays during winter. Always buy comprehensive travel insurance for peace of mind. It can reimburse you for the cost of medical issues, missed connections, lost luggage, and provide a helpline if you get stranded.	Discuss your insurance needs with a professional prior to booking your next trip abroad.
3	<input type="checkbox"/> Meditation eases stress, promotes calm, and boosts happiness. Chronic stress dampens both mood and immunity, which is especially unwelcome during winter.	Allocate 2–10 minutes daily for meditation. This may involve deep breathing, observing thoughts, guided videos, or joining village sessions.
4	<input type="checkbox"/> Establish a routine to help feel motivated, productive and positive during the cooler months.	First, jot down your routine tasks alongside activities you find enjoyable. Then, schedule them into your day at times that suit you.
5	<input type="checkbox"/> Enjoy a warmer home and lower electricity costs this winter. Close up your living spaces as much as possible; maintaining room warmth is much more efficient than reheating it.	Seal drafts and shut windows/doors as the sun goes down to retain daytime heat.
6	<input type="checkbox"/> Don't forget to stay hydrated during winter. Hydration is key, even throughout the cooler months.	Fill a bottle or jug with water each morning to track intake, enhance flavour by adding citrus slices, enjoy herbal teas and soups, and monitor caffeine intake as it can be dehydrating.
7	<input type="checkbox"/> Stay one step ahead by being prepared for potential power outages or extreme winter weather conditions.	Create an emergency preparedness kit with essentials such as non-perishable food, medications, flashlights, batteries, and a first aid kit.
8	<input type="checkbox"/> Prioritise sleep. Quality shut-eye protects against illness, promotes recovery and supports happy moods. Establish a consistent night routine, aiming for 7–9 hours each night.	Ensure optimal bedroom temperature (18-19°C), maintain a regular sleep & wake time, and keep your room clutter-free. Before bed, limit screen time, dim lights, read a book, meditate, enjoy herbal tea and avoid stimulating activities.
9	<input type="checkbox"/> Buy seasonal fruits and vegetables for cost-effectiveness and added nutritional value to boost the immune system.	Prioritise in-season fruit (oranges, mandarins, kiwi fruit, grapefruit) and vegetables (Cauliflower, Broccoli, carrots and pumpkin).
10	<input type="checkbox"/> Seek out the sun! Exposure to sunlight boosts immunity, elevates mood, and revitalises energy.	Be sure to get outdoors during daylight hours, especially during winter's shorter days! Rug up and tend to the garden, go for a walk, or visit friends and family.
11	<input type="checkbox"/> Share a meal with someone. The act of eating with others can help boost mental health and positive moods, while also keeping social connections strong.	Invite your neighbours around or try a pot-luck dinner with your friends.
12	<input type="checkbox"/> Laugh more! They say laughter is the best medicine; it boosts endorphins and helps us relax.	Enjoy funny movies, have a laugh with loved ones, and chuckle through board games or activities that bring out your inner child.



Want to know more about retirement living?

Scan the QR code to get in touch with our friendly customer service team.

1800 550 550 | [keyton.com.au](https://www.keyton.com.au)



Keyton™