

BOOST YOUR WINTER MINDSET WITH A TRIP TO THE BEACH



The nights are closing in and the temperature is dropping. As we transition out of summer, the colder, darker months can feel like the tougher half of the year. Mourning the end of the holidays, a lack of vitamin D and unwanted winter coughs and colds are all contributing factors. However, having a positive winter mindset can challenge all that.

A recent study by the University of Tromsø in Norway found a strong correlation between a positive wintertime mindset and higher levels of life satisfaction and greater psychological wellbeing. Almost as if to compensate for the increasing cold and darkness, the further north participants lived, the more positive their winter mindset was. These findings are reiterated by



the World Happiness Report, which ranks 156 countries by how content their citizens perceive themselves to be. The five happiest countries, Finland, Denmark, Switzerland, Iceland and Norway, all have long, dark winters.

So, the key to enjoying the colder, wetter and darker months is to embrace winter and Wellies & Windbreaks, an independent holiday rentals agency in the Witterings, West Sussex shares its top tips for how to achieve this.

Get outside for a walk

Autumnal days bring the best coastal walking weather with cooler temperatures and quieter beaches. If you have a dog then even better. The Witterings are blessed with six and a half miles of beach, stretching from the expansive dunes of the National Trust's East Head and powder soft sands of West Wittering beach down to the shingle beaches of East Wittering and Bracklesham Bay.

Take a dip in the sea

A growing amount of evidence suggests that cold water swimming helps to improve mental wellbeing. Immersing the body in cold water boosts dopamine levels and increases the release of endorphins plus overcoming the resistance to entering cold water can help us to build mental resilience and reduce symptoms of anxiety. Swimming is popular in the shallow waters of East Wittering and Bracklesham Bay and swimming groups are a great way to start new friendships.

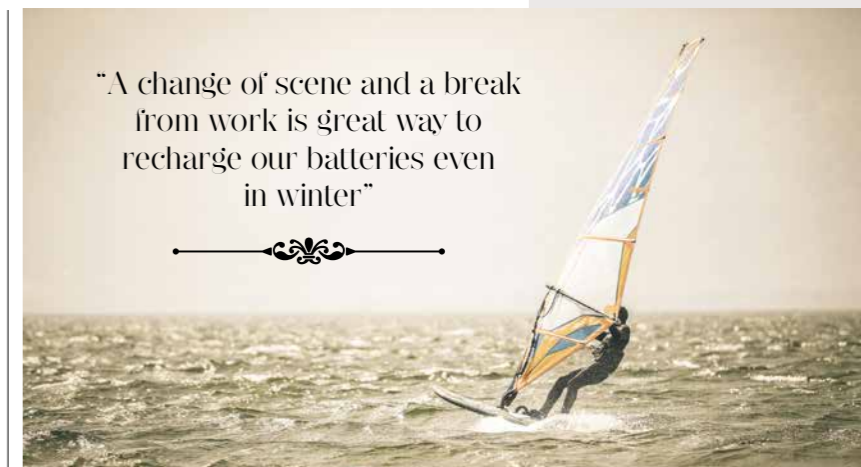
Exercise Away those Winter Blues

Exercise is so important for us all. It increases all those good chemicals that help us to stave off seasonal affective disorder and autumn colds. Nothing beats an early morning beach run to give you a great serotonin and endorphin boost as well as all the health benefits of sea air and coastal interaction. The Witterings stretch of the West Sussex coastline is a perfect running track. If cycling is your thing, The Salterns Way is a 12-mile cycle route from the centre of Chichester to the sand dunes of East Head or you can try your hand at windsurfing or kite surfing for a full body work out.

Get creative

Being creative also boosts mental wellbeing. Head to the dunes with a palette and paints to

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lose yourself to the moment and capture your favourite subjects on paper. Comb the beach for curious stones, pretty shells, interesting pieces of driftwood or glistening sea glass. You may find a lovely keepsake or even turn your finds into beach-inspired art or jewellery. Or, for the kind of priceless fun that entertains all generations, do some drawing in the sand. Trace shadows, write messages, draw a stick man, play noughts and crosses or have a game of Pictionary. No equipment needed, just a stick (or your finger!)

Book a winter break

Holidays are not just for summer. A change of scene and a break from work is great way to recharge our batteries even in winter. Storm watching, getting toasty by the fire with a really good book, playing a family board game or hunkering down for Sunday roast in cosy pubs make a winter break one to be remembered. To find some of the best properties available to rent in the Witterings area, check out Wellies & Windbreaks' handpicked portfolio of high-quality holiday homes. Beach-front, hot tub, large occupancy, pet friendly, couples' retreats, whatever you are looking for they have something for every occasion. Imagine kickstarting your winter mindset with a New Year's Day swim in the sea! ■

welliesandwindbreaks.co.uk

