

# Fighting off the Flu

## and Feeling Blue

With the winter months ahead of us, now is the time to prioritise your physical and mental health to make sure that you're prepared for the colder days to come.

### Shielding Against Seasonal Flu

Influenza (flu) cases tend to peak between June and September in Australia every year as the temperature starts to drop. It is important to get the flu vaccine even if you are healthy, to prevent you catching the flu and spreading the infection. This can help protect your friends, family and vulnerable people in your community.

The following priority groups can receive their flu vaccine for free:

- ✓ Children aged six months to under five years
- ✓ People aged 65 years and over
- ✓ Aboriginal people aged six months and over
- ✓ Pregnant women
- ✓ Those with serious health conditions such as diabetes, cancer, immune disorders, obesity, severe asthma or kidney, heart, lung or liver disease

Speak to your GP or pharmacist about getting a flu shot and to make sure you are up-to-date with the COVID-19 vaccine.

Find out more:

[health.nsw.gov.au/Infectious/Influenza/](https://health.nsw.gov.au/Infectious/Influenza/)



## Darker Days and Gloomy Moods

As the days get shorter, darker and colder, many people can find themselves feeling sad. It can be difficult to find the motivation to socialise as frequently, and many outdoor activities are limited during the winter months. This can lead to isolation and loneliness. The reduced sunlight during winter can also disrupt your body's internal clock, and it's normal for people to experience irregular sleep patterns, have low energy and feel more irritable and sad.

### Exercise:

Finding appropriate exercises in winter can be more challenging, but it's vital for both your physical and mental health to keep up with regular exercise. Live Life Get Active offer free daily live-streams and on-demand videos for all abilities, covering everything from yoga, to dance and cardio.

Get moving at: [lifelifegetactive.com/fitness/workout-at-home/](https://lifelifegetactive.com/fitness/workout-at-home/)

### Eat Nutritious, Nourishing Food:

It's tempting in winter to switch to our favourite fast foods, particularly when our energy levels are low. However, processed foods can end up worsening our moods. Healthy and hearty meals can help us feel happier and fuller for longer.

Western Sydney Diabetes's free e-book offers lots of tasty, nutritious recipes to keep the whole family happy: [bit.ly/WSD-Recipe-Book-2023](https://bit.ly/WSD-Recipe-Book-2023).

### Create a Healthy Sleep Routine:

Consistency is key to a healthy sleep, which can be tricky with the changes to daylight hours. To keep your body clock on track, try to go to bed and wake up at the same time every day and avoid too much screen time before bed.

### Keep Connected:

Reaching out to your family and friends is key to beating the winter blues. It can be harder to organise catch ups when it's cold and dark, but try and make sure you're still staying connected to friends and family, even if it's just for a quick walk to the park or for a bite to eat. You can also reach out for free mental health support at: [headtohealth.gov.au](https://headtohealth.gov.au)