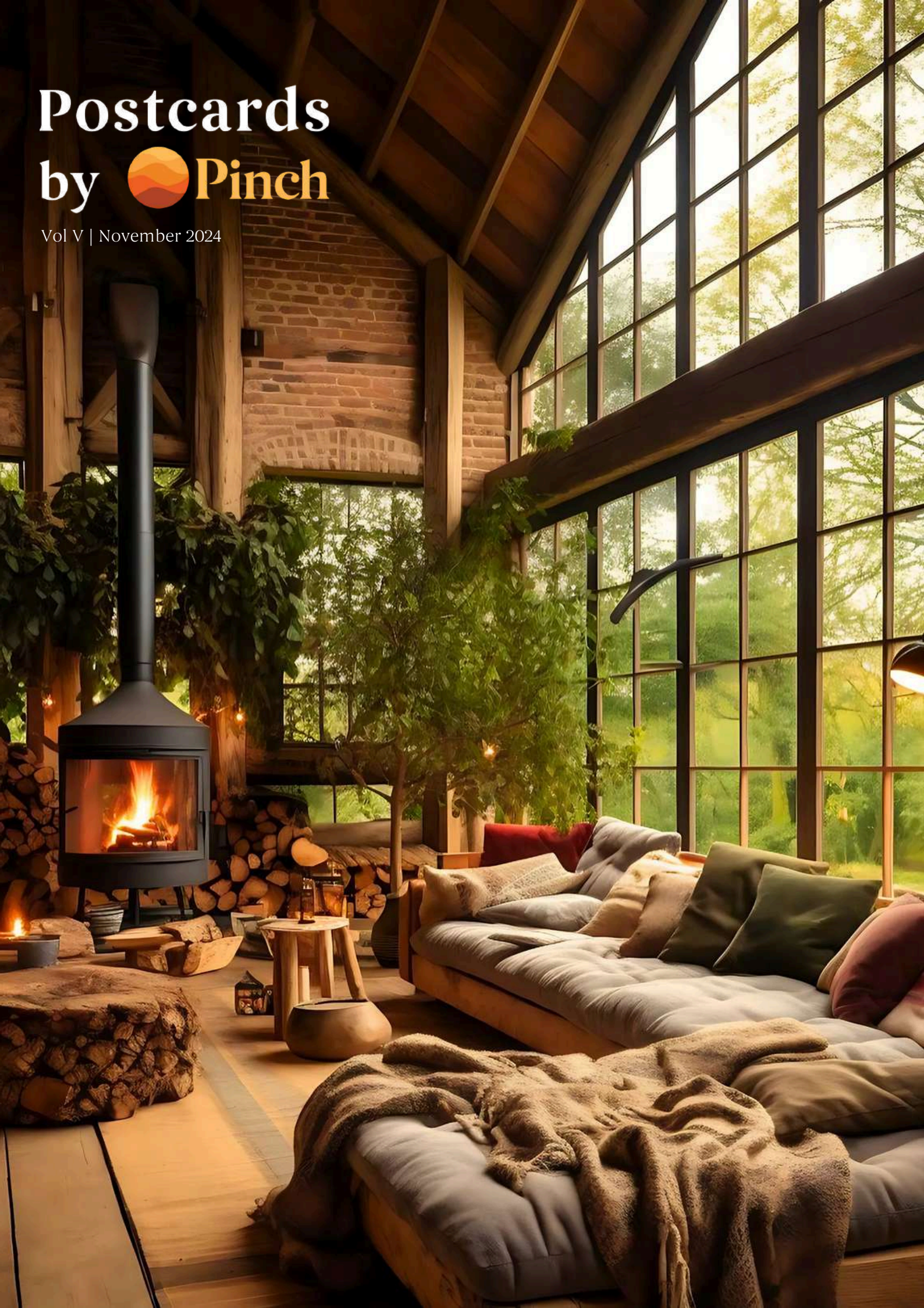


# Postcards by Pinch

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# Science-Backed Morning Habits to Be Winter-Ready



## Winter mornings, with their crisp air and darker

**skies**, can feel both tranquil and challenging. The season demands adjustments—not just to our schedules but to how we care for our bodies and minds. Establishing intentional, science-backed habits can transform winter mornings into a time of renewal and resilience, helping us thrive despite the cold.

One of the most impactful changes you can make is aligning your wake-up time with your circadian rhythms. Winter's shorter days and reduced sunlight disrupt our internal clock, leading to sluggishness and even seasonal affective disorder (SAD). Studies suggest that exposure to natural light within the first hour of waking can reset this rhythm, improving mood and energy levels. If sunlight isn't available, light-therapy devices or sunrise

alarm clocks can mimic daylight and gently cue your body to wake. Pair this with a short stretching or yoga routine to release stiffness and enhance circulation, preparing you for the day ahead.

Hydration, often overlooked in colder months, is crucial for maintaining bodily functions like circulation and digestion. While we may not feel as thirsty in winter, the dry air can dehydrate us faster than we realize. Starting your day with a glass of warm water infused with lemon or ginger supports hydration and boosts metabolism. Research highlights that ginger, in particular, improves circulation and has anti-inflammatory properties, making it an ideal winter addition.



Fueling your body with a nutritious, warming breakfast sets the tone for the day. Foods rich in complex carbohydrates, healthy fats, and immune-boosting vitamins are essential during winter. Oatmeal, topped with nuts, seeds, and seasonal fruits like oranges or pomegranates, offer a steady release of energy while delivering key nutrients. Adding spices such as cinnamon or turmeric not only enhances flavour but also supports thermogenesis, the body's natural heat production process, keeping you warmer.

Clothing choices play a pivotal role in winter readiness, especially in the mornings when temperatures are at their lowest. Layering is a scientifically proven method to retain heat while allowing flexibility. Start with a breathable, moisture-wicking base layer to keep sweat from cooling your skin, followed by an insulating middle layer and a wind-resistant outer layer. Accessories like thermal socks, scarves, and gloves protect extremities where heat loss is highest, ensuring all-day comfort and better circulation.

Winter also brings increased exposure to viruses and a heightened need for immune support. Morning habits that prioritize immune health can make a significant difference.



Vitamin D, often diminished in winter due to reduced sunlight, plays a critical role in maintaining immunity. A brisk morning walk to soak up what little sunlight is available or taking a Vitamin D supplement can help. Complement this with immune-boosting foods like raw honey or herbal teas containing echinacea or elderberry, which studies show have antiviral properties.

Finally, winter mornings are an opportunity to cultivate mindfulness and gratitude. Slower mornings can create space for reflection, helping you start your day with intention. Journaling, setting daily goals, or simply practicing gratitude can foster a positive mindset. [Research](#) shows that gratitude exercises improve emotional resilience, reduce stress, and enhance overall well-being, making them a powerful tool against winter blues.

By integrating these science-backed habits into your mornings, you create a routine that not only addresses winter's physical demands but also nurtures your mental health. From regulating your internal clock to strengthening your immune system and embracing moments of mindfulness, each habit prepares you to face the season with vigor. Winter mornings may be colder and darker, but with intentional care, they can become a time of growth, balance and quiet strength.



## To Enjoy Makaibari Holiday Edition Trio Assortment

Bring the warmth of the season into your cup with Makaibari's Holiday Edition Trio, a luxurious selection of organic teas perfect for winter. The Apple Cinnamon Black Tea combines the sweetness of Himalayan apples with the warmth of cinnamon, creating a cozy treat for chilly evenings. The Ginger Spice Green Tea pairs ginger's gentle heat with earthy green tea for a refreshing yet comforting blend, while the White Peppermint Bark Tea offers crisp peppermint notes balanced by the elegance of white tea leaves.

Crafted in Makaibari's misty gardens, this trio transforms every sip into a moment of indulgence. Ideal for quiet winter mornings, festive gatherings, or as a thoughtful gift, it's the perfect way to celebrate the season.

## To Escape Auli, Uttarakhand

For those seeking a winter escape, Auli in Uttarakhand offers an unparalleled snowy retreat. Known for its breathtaking views of the Himalayan peaks and its pristine snow-covered slopes, Auli is a premium destination that promises a serene yet adventurous experience. Stay in luxury resorts like the Cliff Top Club, which provides not only top-notch amenities but also the perfect vantage point for skiing and snow activities. Whether it's your children's first snowfall or a romantic getaway, Auli offers the perfect blend of adventure, relaxation, and natural beauty.





## To Listen

# Viva la Vida (Coldplay) Prague Cello Quartet

Let the powerful strings of "Viva la Vida" by the Prague Cello Quartet transform your winter morning into a serene, contemplative experience. This stunning cello rendition of Coldplay's hit song adds a layer of depth and emotion, turning the familiar anthem into an elegant symphony of rich, resonant tones. The Prague Cello Quartet's interpretation brings a soulful, classical twist to the modern classic, evoking a sense of quiet reflection and inner warmth.

Perfect for a peaceful winter morning or a cozy afternoon with a hot drink, this arrangement offers a soothing, yet uplifting atmosphere. The cello's intricate harmonies, paired with the stirring melody of "Viva la Vida", make it an ideal soundtrack for moments of solitude, creative inspiration, or quiet contemplation. Let the music guide you through your day, offering both tranquility and energy as you embrace the season ahead.

## To Create

# DIY Candle Making

Create cherished memories with a DIY candle-making session. This simple yet rewarding activity allows families to come together to design personalised candles with their favourite scents, making it the perfect blend of creativity and practicality. Whether you're crafting gifts for loved ones or adding a personal touch to your home décor, candle-making is a wonderful way to spend quality time. As the candles light up, so will the bonds between family members, making every moment truly special.





Make Time for More

