



Winter Immunity

Presented By

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University Hospitals Dorset
NHS Foundation Trust

Thrive Live
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UHD Health and Wellbeing Fair





TODAY'S SESSION...

Support immunity. Improve mood. Prevent burnout.

- Facts and signs of poor immunity
- The organs and systems to be aware of
- Designing your Immunity Support Plan

If you had to score your immune function **out of 10** today,
what score would you give it?

THE IMMUNE SYSTEM EXPLAINED

Sorry... but we can't boost our immune system to perform better

1. You are born with it
2. The immune system is incredibly complex
3. Your immune system needs sleep
4. There is no one single fix to support a strong immune system



SIGNS OF POOR IMMUNITY



What are the first signs you notice
when you're run down?

10 warning signs to be aware of...

1. Catching 'common' coughs and colds
2. Daily joint and muscle aches
3. Lethargy
4. Bloating or digestive problems
5. Skin irritations, eczema or psoriasis
6. Wounds are slow to heal
7. Constipation
8. Brain fog/low mood
9. Yellowish/red eyes
10. Relying on sugar or caffeine to get you through the day



SEASONAL AFFECTIVE DISORDER

- MORE THAN JUST THE WINTER BLUES?

29% of people in the UK are thought to be affected by [Seasonal Affective Disorder](#) [YouGov](#)

5 Signs and Symptoms of SAD

Feeling sad,
low or
depressed

Increased
fatigue, lack of
energy

Changes in
appetite –
cravings and
eating more

Changes in
sleep – sleeping
too much

Losing
interest in
activities

HOW DOES INFLAMMATION REDUCE IMMUNE FUNCTION?



IMMUNITY > INFLAMMATION > STRESS LINK

CHRONIC INFLAMMATION

How many battles is your immune system currently fighting?

Lack of sleep

Too little time in
nature

Not enough
vegetables and fruit

Alcohol

Stress and
anxiety

Low vitamin
D levels

Smoking/vaping

Metabolic Syndrome

- ➔ Insulin resistance, pre-diabetic or diagnosed type 2 diabetic
- ➔ High blood pressure
- ➔ Visceral fat
- ➔ Unhealthy ratios of cholesterol

MANAGING YOUR TOXIC LOAD

Can you name a toxin your body has had to process in the last week?

TOXINS
ENTER THROUGH



LUNGS



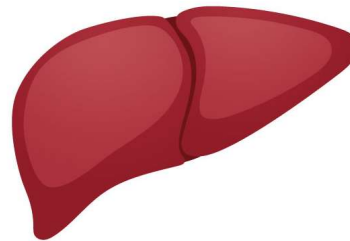
SKIN



COLON



LIVER
Primary Detoxifying Organ



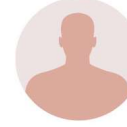
TOXINS
EXIT THROUGH



LUNGS



COLON



SKIN



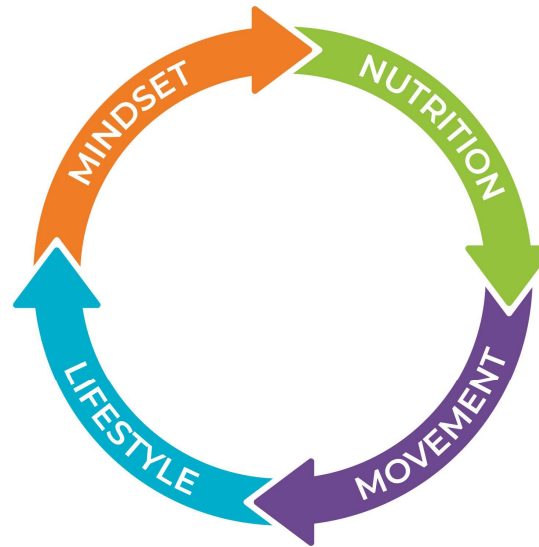
KIDNEYS



YOUR WINTER IMMUNITY PLAN

Are your current habits helping or hindering your immune system?

Intensions with
action



Vibrant food



45 / 15 / 2



Sleep



#1 NUTRITION

Goal = Remove & reduce inflammation to fuel vitality & longevity



Hydration



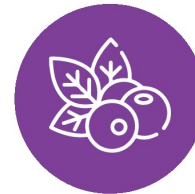
Fibre



Omega 3



Vibrant foods = vibrant moods



Vitamin C and D



#2 SLEEP

THE GREATEST HEALER

Goal = 7-9 hours of quality restorative sleep

Caffeine
curfew

Avoid
screens for
at least 1h
before bed

Have a set
bedtime
10-11pm

Start the
day with a
walk
outdoors

Allow a 2h
digestion
break before
bed

#3 MOVEMENT MEDICINE

Goal = Move your lymphatic system daily to support natural detoxification



Get up and
move every **45
minutes**



Spend a **minimum of 15
minutes** outdoor every
day - morning commute
or lunchtime walk



Engage in
exercise that **you
enjoy** – regularly



Get your **heart
rate up for 2
minutes**

#4 INTENTION WITH ACTION

Do you have a pro-active morning routine that invests in your future self?

Set your
intention
for the day

Add gentle
movement

Practice
mindfulness
and gratitude

Stop **ANTS** –
Automatic
Negative
Thoughts



ACTION AND PREVENTION

Whilst you wait for your new immune supporting habits to kick in...

Breathe
through
your nose

Wash your
hands –
thoroughly.

Stay away from
people and work
when you are
unwell

Avoid sharing
food and drink
utensils and
containers with
others

1% HABIT UPGRADE EXPERIMENT

Nothing changes if nothing changes



- 30 plant challenge
- Fermented foods
- Vitamin D
- supplement



- Caffeine curfew
- Digestion break
- Screen curfew
- Sunlight alarm clock



- Movement alarm
- Daily walk
- 2minute burst



- Water
- Writing
- Mindfulness
- Gratitude

What will you experiment with?



LET'S RECAP & TAKE ACTION

‘The key to staggering long-term results is small daily actions’

- **SUPPORT YOUR BODY SO IT CAN SUPPORT YOU** – Aim to reduce the amount of chemical stressors your liver is exposed to
- **NOURISH YOURSELF** – Use hydration, nutrition, sleep, movement & routines to set yourself up for success
- **REMEMBER** – Optimal wellbeing is unique and personal to you, only you can tell what works best for you through experimentation and reflection

Scan the QR Code to get
access to the **Optimal
Wellbeing Checklist**



What was the most useful thing
for you from this session?

We all need support...

Follow **Wellbeing People Ltd** on Facebook and Instagram
for more resources, support and habit upgrade experiments!



Event times

MONDAY 22

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Thriving in a Hybrid Environment
Virtual

10am-12pm
Talk Cancer
Virtual

12-1pm
What is neurodiversity and why does it matter?
Virtual

1-2pm
Distress, Trauma and PTSD
Virtual

2-3pm
Support and Guidance for Financial Wellbeing
Virtual

TUESDAY 23

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Resilience and Mental Fitness
Virtual

10am-10.45am
The Value of an Active Workforce
Virtual

11am-12pm
Beat Stress With Breathing
Virtual

12-1pm
Understanding Dyslexia at Work
Virtual

2-3.30pm
Supporting Colleagues to Move More
Virtual

WEDNESDAY 24

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Burnout and Bounce-back-ability
Virtual

9-10am
Beat Stress With Breathing
RBH Seminar Room 2

9.30-11.30am
5 Steps to Suicide Awareness
Virtual

10-11am
Building Resilience
Poole Hospital Lecture Theatre

10.30-11.30am
Move Well, Feel Better (Exercise for Menopause)
RBH Seminar Room 2

11.30am-12.30pm
Chronic Stress and Burnout
Poole Hospital Lecture Theatre

12-1pm
Understanding ADHD at Work
Virtual

12-1.30pm
Attention Seeker
Poole Hospital, Lecture Theatre and virtual

2.30-3.30pm
Understanding Menopause
Poole Lecture Theatre and virtual

3.30-3.45pm
Start Well, End Well
Virtual

THURSDAY 25

9-10am
Winter Immunity
Virtual

9-9.45am
How Behaviours Shape Wellbeing
RBH Seminar Room 5 and virtual

10-11.30am
Understanding Burnout
Virtual

11am-12pm
Move to Recharge
Poole Lecture Theatre

11am-12pm
The Science of Better Rest
Virtual

12-1pm
The Power of Your Plate
RBH Seminar Room 5

12-1pm
Understanding Autism at Work
Virtual

12.30-1.15pm
Menopause and Movement
Poole Lecture Theatre

1-4pm
Bereavement and loss
Virtual

1.30-2.15pm
Workplace Ergonomics
RBH Seminar Room 5 and virtual

8.30-8.45am
Start Well, End Well
Virtual

9-9.45am
Workplace Ergonomics
Poole Lecture Theatre

FRIDAY 26

9-10am
Habits and the Future You
Virtual

9-10am
Building Resilience
RBH Seminar Room 5

10-11am
Beat Stress With Breathing
Poole Lecture Theatre

10.30-11.30am
Chronic Stress and Burnout Workshop
RBH Seminar Room 5

12-1pm
Power of Your Plate
Virtual

3.30-3.45pm
Start Well, End Well
Virtual

FRIDAY 26