Winter Wellness
2019-2020

Many people have difficulties during December, January, February, and March. The winter weather, darker days, and stressful holidays can be a challenge. This resource can help you plan to be well through the winter months by strengthening your wellness self-care skills. You can work on this alone, in a group, or with someone you trust to help plan activities and routines that will help you feel well.

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Wellness Institute
Collaborative Support Programs New Jersey, Inc.
Think about your wellness in the 8 dimensions (see back page). On this page and the next page, list one or more self-care habits or activities you do daily or weekly for your own wellness.

**Physical Wellness**

**Intellectual Wellness**

**Environmental Wellness**

**Emotional Wellness**
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**Financial Wellness**

**Social Wellness**

**Spiritual Wellness**

**Occupational Wellness**
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Winter Wellness Self-Care Habits

Sleep is when your body shifts into different patterns of mental and physical activity, creating down-time that refreshes your body and mind.

Sleep has many important benefits for memory, mood, energy, and physical health.

Think about your current sleep routines.

What is the best time to go to bed, so you wake up refreshed?

Go to bed __________  Best time to wake up __________

What is your current evening routine including routine to wind down?

What can you do to get better quality sleep and/or rest during the winter?
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Sleep habits and routines

Sleep hygiene\(^1\) means following a consistent and healthy pattern to help you fall asleep and stay asleep:

- Maintain a regular sleep schedule. Plan to go to bed and wake-up at the same time daily.
- Keep your sleeping space dark and cool.
- Limit electronics with screens (blue light\(^2\)) for 30-60 minutes before bedtime, including TV and cell phones.

Staying Connected

Social connections are so important for wellness. During the holidays and winter many people feel lonely and isolated. Keeping connected can be very important despite a tendency to isolate.

What will you do to maintain or increase your social connections during the winter, either in person or by phone or other social media?

\(^1\) Learn more at www.sleep.org

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Physical Activity

Does winter make you want to curl up and hibernate?

Sleep is important, but you need to balance sleep with physical activity to stay well.

Be Active!

- Walk outdoors or indoors around a mall.
- Watch exercise videos online.
- March in place or dance to your favorite music
- Clean your living area with enthusiasm!
- Join an exercise class or fitness group in the community
- Use extra care to prevent slips and other winter injuries.

Imagine you were giving someone advice about staying active during the winter months. What might you suggest?

What will you do to maintain or increase your physical activity (including ways you could take your own advice)?
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Eating well

Along with a wish to hibernate, winter causes many of us to crave sweets and heavy, starchy foods. It’s not unusual to gain weight in the winter, due to what we eat, less exercise, and the darker days. Even a small amount of added weight can be hard to lose. Even small gains can add up year after year.

What will you do to be sure eat well this winter and the holidays (including ways you could take your own advice)?

What are some enjoyable healthy food options you can consider?
WELLNESS AFFIRMATIONS EXERCISE³

An affirmation is a positive statement of emotional support or encouragement. It helps you replace negative thoughts. Repeating positive affirmations can improve your mood and boost your confidence.

- Take a few minutes to pause.
- Sit comfortably and focus on your breathing.
- Breathe fully, smoothly, evenly, and diaphragmatically.
- Say one or more of the affirmations below to yourself as you focus on your smoothly flowing breath.
- Or, recite the affirmations quietly out loud with emotion and conviction, anytime anywhere.

You might try writing one or more affirmations on a note for your wallet or to post where you can see it—on your mirror or refrigerator, or over your kitchen sink.

³Developed by Dr Susan Gould Fogerite and Dr Peggy Swarbrick
WELLNESS AFFIRMATIONS

❤️ I am content, grounded, steady, and calm
❤️ I am filled with strength, courage, energy and patience
❤️ I care for myself in all the eight dimensions of wellness
❤️ I care for myself physically, with rest, exercise and nutrition
❤️ I care for myself spiritually, by creating peace and a sense of purpose in life
❤️ I care for myself socially, with strong healthy relationships
❤️ I care for myself intellectually, through learning and sharing knowledge
❤️ I care for myself emotionally, recognizing my own and others’ feelings
❤️ I care for myself occupationally, with meaningful and rewarding activities
❤️ I care for myself environmentally, by spending time in healthy, calming, and uplifting surroundings
❤️ I care for myself financially, with knowledge and care for my financial wellbeing
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*Wellness self-care* habits are the things we do daily.

**Wellness Self-Care Habits**
These four wellness self-care skills in addition to social support can help you during the winter and all year long!
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List the top 6 wellness self-care habits you plan to do routinely for each day, week, or month.
Wellness is a holistic approach that encompasses several dimensions:

- **Financial**: Satisfaction with current and future financial situations.
- **Social**: Developing a sense of connection, belonging, and a well-developed support system.
- **Spiritual**: Expanding our sense of purpose and meaning in life.
- **Occupational**: Personal satisfaction and enrichment derived from one's work.
- **Intellectual**: Recognizing creative abilities and finding ways to expand knowledge and skills.
- **Environmental**: Good health by occupying pleasant, stimulating environments that support well-being.
- **Emotional**: Coping effectively with life and creating satisfying relationships.
- **Physical**: Recognizing the need for physical activity, diet, sleep, and nutrition.