



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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Winter Wellness

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

Winter Wellness

Continued from the previous page

Financial Wellness

Social Wellness

Spiritual Wellness

Occupational Wellness



Winter Wellness

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?

Winter Wellness

Sleep habits and routines

Sleep hygiene¹ 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 light²) 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

² See infographic: <http://www.businessinsider.com/how-smartphone-light-affects-your-brain-and-body-2015-9>

Winter Wellness

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)?

Winter Wellness

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?

Winter Wellness

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.



³ Developed by Dr Susan Gould Fogerite and Dr Peggy Swarbrick

Winter Wellness

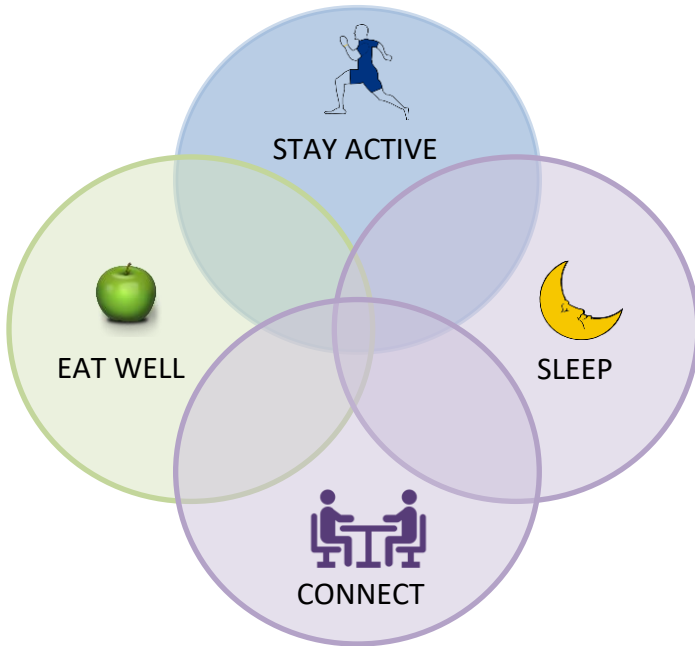


WELLNESS AFFIRMATIONS

- ♥ 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

Winter Wellness

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!

Winter Wellness

List the top 6 wellness self-care habits you plan to do routinely for each day, week, or month.

2019 DECEMBER	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

2020 JANUARY	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3	4
	5	6	7	8	9	10	11
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	31	

2020 FEBRUARY	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29

2020 MARCH	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

EMOTIONAL

Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL

Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL

Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL

Recognizing the need for physical activity, diet, sleep, and nutrition.

WELLNESS

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.