

Winter WELLNESS

2021 = 2022

Planner



During **December, January, February, and March**, the days are longer there is less sunlight. The **winter** and **the holidays** can be stressful. This **Winter Wellness Planner** can help you strengthen your wellness habits and routines.

You can work on this alone, in a group, or with someone you trust to help plan activities and routines so you can feel well in all 8 wellness dimensions.

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December, 2021

Created by Popular Demand for the 11th year!

Think about your wellness in the **8 dimensions**.



**What Wellness Habits will
you do daily during the
winter and all year long!**

WELLNESS HABIT: Staying Connected

Social connections are so important for wellness. During longer days when there is less sunlight. Many people feel lonely and isolated. Keeping connected to supporter can be very important despite a tendency to isolate.

What will you do to maintain or increase your social connections?



WELLNESS HABIT: Sleep

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?

What is the best **time to wake up**, so you are ready to start your day?

What is the best **evening routine** for you? Include what helps you to wind down?

WELLNESS HABIT: Sleep

Sleep hygiene 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 for 30-60 minutes before bedtime, including TV and cell phones.



What will you do to get better **quality sleep**?

WELLNESS HABIT: 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.
- Watch exercise videos online.
- March in place or dance to your favorite music
- Clean your living area with enthusiasm!
- Move your body-dance!

What will you do to **keep active physically**?

WELLNESS HABIT: Nourishment

What are some foods you can prepare during the winter and during the holidays?



List enjoyable healthy food options you can plan to prepare and share with others.

On the next page consider ways to nourish your mind with positive affirmations....

WELLNESS HABIT: Affirmations

An affirmation is a positive statement of emotional support or encouragement. It helps replace negative thoughts.

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, and evenly.
- Say one or more of the affirmations on the next page to yourself as you focus on your smoothly flowing breath.
- Or: recite the affirmation quietly out loud with emotion and conviction, anytime anywhere.

Try writing one on 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.

Wellness Affirmations

- ♥ I have strengths in all 8 dimensions of wellness.
- ♥ I care for myself by doing activities that have purpose
- ♥ I care for myself by connecting with others I care about
- ♥ I care for myself through learning and sharing knowledge
- ♥ I care for myself by moving mindfully
- ♥ I care for myself by getting restful sleep
- ♥ I care for myself through time in uplifting surroundings

♥ **Write your own affirmation here:**

- ♥ **Plan to share with others**



PHYSICAL

What will you do today or tomorrow?

SOCIAL

What will you do today or tomorrow?

EMOTIONAL

What will you do today or tomorrow?

ENVIRONMENTAL

What will you do today or tomorrow?



SPIRITUAL

What will you do today or tomorrow?

INTELLECTUAL

What will you do today or tomorrow?

OCCUPATIONAL

What will you do today or tomorrow?

FINANCIAL

What will you do today or tomorrow?

List the top 4 wellness habits that you plan to do routinely for each month. What can you do to ensure you are able to take part in the seasonal activities and traditions that you enjoy most?

December 2021

Su	Mo	Tu	We	Th	Fr	Sa
			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	

January 2022

Su	Mo	Tu	We	Th	Fr	Sa
						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					

February 2022

Su	Mo	Tu	We	Th	Fr	Sa
		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					

March 2022

Su	Mo	Tu	We	Th	Fr	Sa
		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		