

Wellness Institute Monthly Calendar

December 2022



Winter Wellness Calendar

We are pleased to announce that one of our most popular resources has been updated and is now available. The *Winter Wellness Planner 2022* can be downloaded for free from our website.

Many people find the winter months to be extra stressful, but they find that planning ahead can make a positive difference.

Using the new 8-page planner, you can reflect on past experiences that contributed to your wellness, including your favorite parts of the winter.

You also have a chance to reflect on challenges you may experience, as well as challenging issues that are common for a lot of people. Once you have a sense of what might get in the way of your wellness over this coming winter, you can identify what you can do to stay well.

You can create a list of activities to remember to do as part of a month-by-month plan for the winter, that can help you strengthen your wellness in the eight dimensions: emotional, financial, social, spiritual, occupational, physical, intellectual, and environmental.

The *Winter Wellness Planner* provides ideas for



<https://cspnj.org/wellness-resource/>



wellness activities related to healthy eating; physical activity and environment; family, friends, and supporters; rest and relaxation; and the expressive arts.

We encourage you to use and share the *Planner*. Some of our regular readers have used planners from past years to support others individually or in groups—even in virtual workshops and events on Zoom! For ideas and support for using the *Planner* in a variety of ways, please reach out to us. You do not need advance permission to use the *Planner*; we only ask that you use it as we developed it and be sure that the footer is legible if you share printed copies. Best wishes for a wonder winter!!

Winter Wellness Calendar

May you celebrate every day in December!

December 1-3

December 3: Make a Gift Day

Personal gifts are the best, as they come from the heart! Take some time to make a gift for someone. Consider something decorative or edible (like a Soup-in-a-Jar). Or search for *DIY Gifts* to find many ideas online. Great activity for intellectual social and emotional dimensions.

Week 1: December 4-10

December 5: International Volunteer Day

Sponsored by the [United Nations](#), today is focused on celebrating the many contributions of volunteers around the world. Some offer long-term sustained efforts towards a cause or project, but most provide informal support and time in their own communities. Volunteering strengthens the social and emotional dimension increasing connection with others, and a sense of belonging and purpose.

Week 2: December 11-17

December 15: International Tea Day

For many people, having a cup of tea symbolizes a bit of rest and making tea for someone else is a sign of caring and sharing. There are many varieties of tea, so try something new today! And here's a tip: Make a *big* mug and say, "I'm just going to take a break while I drink my tea!"

References and Resources

The International Volunteer Day logo is from the United Nations, Other illustrations are listed online as free for reuse without attribution from pixabay.com

