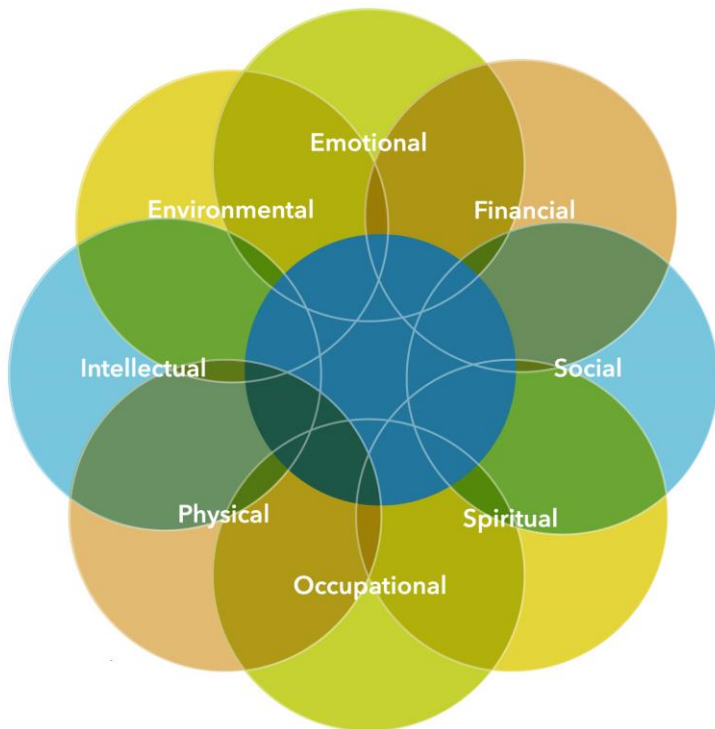




# Winter Wellness Planner 2022



Many of us have positive experiences of winter including, gatherings and/or outdoor winter recreation. Some people face challenges including isolation, limited ability to exercise, memories of losses, overeating, and overspending, especially during the winter.

This wellness planner is designed to help you plan ahead so you can maintain a sense of wellness in all 8D during the winter season



Winter is the coldest season of the year for most of us.

At the winter solstice, the days are shortest and the nights are longest, with days lengthening as the season progresses after the solstice.

## Winter Memories

Winter is memorable. Many of us have recollections of great winter experiences that may be worth writing down.

Describe a positive winter memory.

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What do you see as the benefits of the winter season?

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# Holidays

The holiday season is an annual festive period. The holiday season can have some impacts on health (social, emotional, physical, etc).

What do you like to do during the winter/holiday season?

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What challenges do you often encounter ?

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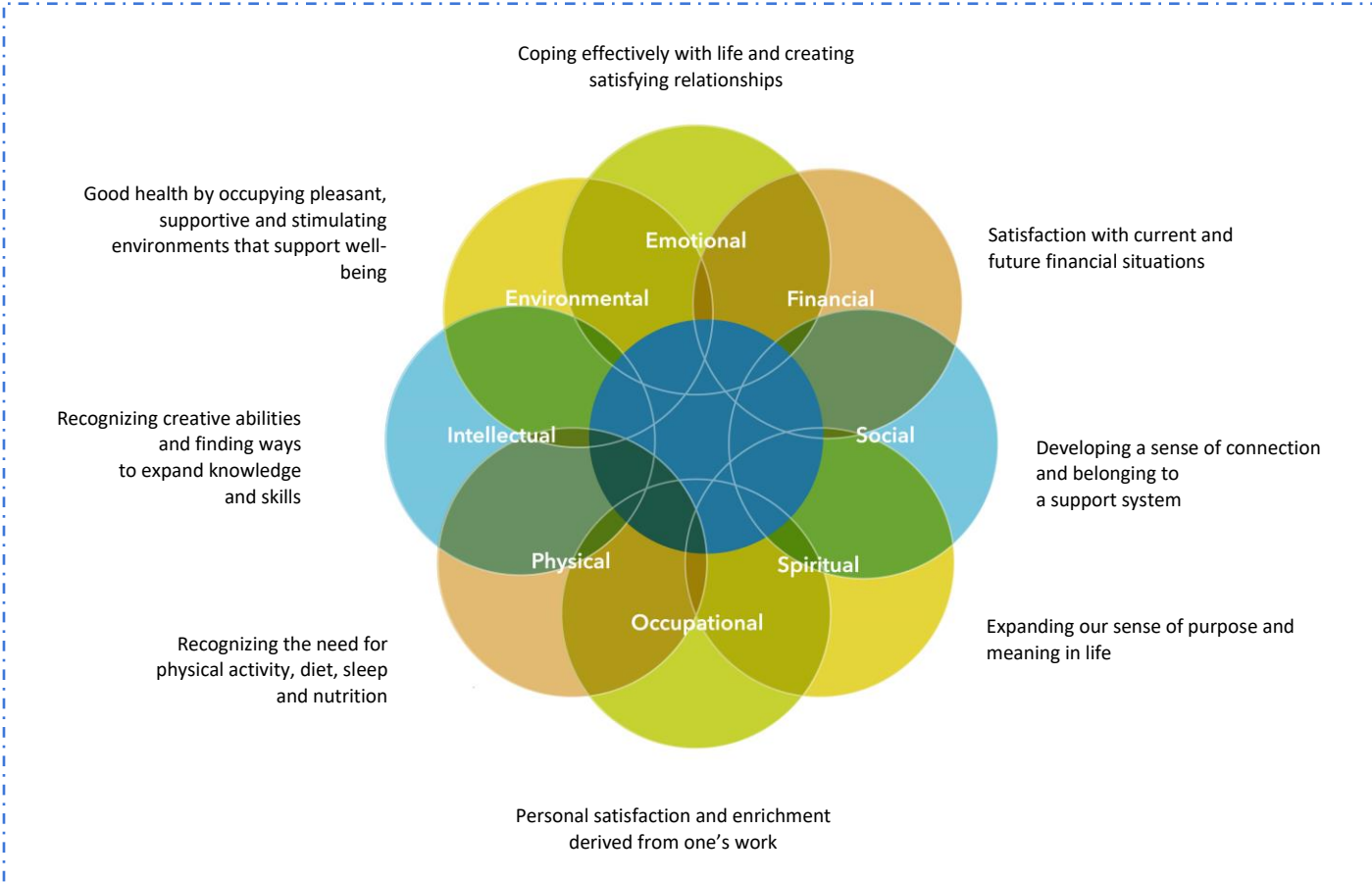
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### Challenges

- During the winter months people may be more susceptible to the common cold, flu, and depressed mood
- Some holidays involve the obligation of spending money on gifts or food
- Alcohol is typically served during holiday functions which can be a trigger for some
- Travel can be a major source of contention and stress. Dealing with traffic and the short tempers of other travelers can also be quite challenging
- Social anxiety may be heightened when we attend parties or functions with large gatherings of people



Some Common Stressors in Holidays/Winter

**Physical**

- Diet and nutrition, physical activity, sleep

**Emotional**

- Losses may impact harder during wintertime

**Social**

- Too much stimulation or may not have a support network so sense of loneliness becomes overwhelming
- Drinking can be a trigger for some people

**Financial**

- Spending can get out of control

**Spiritual**

- Sense of purpose and meaning can be impacted

**Occupational**

- Work routines are altered ...some people fear workload pile-up

**Intellectual**

- Students often face end-of-semester overload

What stress do you face? \_\_\_\_\_

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When considering winter wellness, it is a good idea to think of the self-care practices that we need in order to feel well and maintain/improve our overall health status. Activities like staying close with supporters, exercise, spiritual connection, social contact, and reading can all be tools that help us to stay well during the winter season. List your top five strategies for staying well this season:

Wellness Strategy	When I will start
1.	
2.	
3.	
4.	
5.	

List supporters and how you can connect with them during the winter?

Supporter	Method to Connect
1.	
2.	
3.	
4.	
5.	



## Some Ideas

### Diet and Nutrition :

- Eat several small meals so that you are not starving when it comes time to eat a holiday feast.
- Drink water before your meal so that you get full faster.
- Watch portions.
- Aim to eat mostly vegetables and fruit on your plate and opt out of breads and biscuits.
- Opt for water instead of soda, alcoholic beverages, or caffeinated drinks.
- Be aware that many people eat less fresh fruit and vegetables during winter months – look for healthy ways to replace these vital nutrients.

### Physical Activity and Environment:

- Walk
- Clean your living area
- Exercise extra care to prevent slips and other winter injuries, and make sure that kids and elders do the same

### Family, Friends, and Supporters:

- Consider who in your support network is a positive supporter and who might be unhealthy for you
- Decide on how much socialization time you need in order to feel well
- Make holiday get-togethers a positive opportunity to renew acquaintances with family and friends you may not see or speak with very often
- Make attempts to “give back” whenever possible

### Finances:

- Plan ahead in terms of spending and know your limits

- Consider ways to give gifts other than spending money

### Rest/Relaxation:

- Know your limits and plan ahead for proper balance of sleep, relaxation, and activity
- Try to get enough sleep/rest each night, and avoid oversleeping during the winter months

### Spiritual:

- Attend spiritual gatherings and celebrate in the holiday season
- Find ways to express gratitude each day

### Expressive Arts:

- Art can be a great way to express yourself during the holidays
- Consider attending a museum
- Attend a play with a holiday theme
- Think about combining friends/family and expressive arts – do a project or go to a show with some of the kids (young and old) in your life



Winter Wellness Calendar

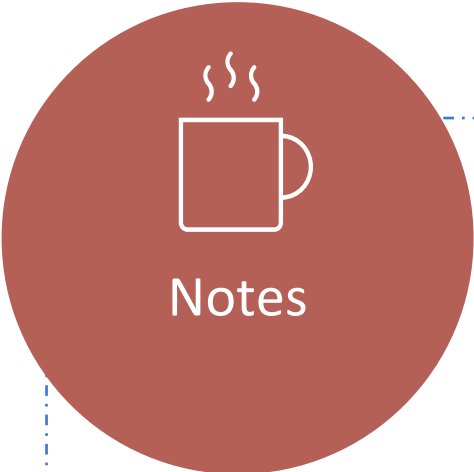
List the top strategies you plan to use routinely each week or each month. What can you do to ensure that you are able to enjoy the holiday traditions and winter activities that you value most?

<b>2022</b> <b>December</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
					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

<b>2023</b> <b>January</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
	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				

<b>2023</b> <b>February</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
				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				

<b>2023</b> <b>March</b>	<b>SUN</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
				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	



A large rectangular area defined by a blue dashed border, intended for writing notes.