



Winter Wellness Planner 2018-2019

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Winter Wellness Planner



Winter is the season between autumn and spring (*December, January, February, March*). For some, winter can be a challenging time, with less daylight to enjoy and colder weather. However, winter can also be an uplifting time, with exciting outdoor activities to enjoy and the solstice marking the coming of longer days. With a focus on wellness, winter – with its weather, holidays, and darker days – can be enjoyable.

The **8 Dimensions of Wellness** are connected to one another. Balance, or an imbalance, in one wellness dimension can affect other dimensions.

Wellness self-care is a set of planned and deliberate actions that you do daily or weekly to manage your stress, to get and stay physically healthy, and to create and re-create a feeling of wellness.

This **Winter Wellness Planner** can help you consider the wellness self-care skills that you can strengthen during the winter/holiday season.

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



Wellness Self-Care Skills
These four wellness self-care skills can help you during the winter and all year long!



Wellness in 8 Dimensions
The 8 Dimensions of Wellness are all connected!

Winter Wellness Planner

Winter Memories

The change in seasons can be a reminder of family gatherings, great winter experiences, and special holidays. A holiday is a day set aside by custom or by law, when normal activities are suspended or reduced. Generally, holidays are intended to allow individuals to celebrate or commemorate an event or tradition of cultural or religious significance. Winter and holiday memories can affect how we feel and what we do or may not do this season.

What are some winter and/or holiday traditions you have shared with your family, friends, culture, and community?

Describe or draw a positive winter experience or holiday.

Winter Wellness Planner

List the upcoming winter holidays and special events that are important to you.

DECEMBER 2018

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					

December Holidays and Special Events



JANUARY 2019

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		

January Holidays and Special Events



FEBRUARY 2019

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		

February Holidays and Special Events



MARCH 2019

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

March Holidays and Special Events

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While winter may be challenging, there are winter ***activities and protective factors that are important to keep in mind this time of year.***

Winter Activities



- ☐ Challenging your mind by reading or doing puzzles
- ☐ Enjoying the silence of winter
- ☐ Singing
- ☐ Taking a hot bath
- ☐ Cooking something warm and cozy
- ☐ Listening to music
- ☐ Sharing a cup of hot tea or cocoa with someone you like
- ☐ Spending time with friends, family, or neighbors
- ☐ Spending active time outside when the weather permits, such as walking or hiking
- ☐ Enjoying outdoor chores, like raking leaves or shoveling snow
- ☐ Trying cold weather sports; like snowshoeing, skiing, or ice skating
- ☐ Shopping at winter farmers' markets
- ☐ Enjoying seasonal foods (try something new, like pumpkin soup)
- ☐ Watching home team sports, including local high school games
- ☐ Enjoying time alone; like watching favorite TV shows or movies

Winter Protective Factors

- ☐ Maintaining a regular bedtime; going to sleep and waking up at the same times as in other seasons
- ☐ Eating seasonal fruits and vegetables
- ☐ Having a plan for control when holiday overeating is all around
- ☐ Enjoying comfort foods in moderation
- ☐ Using hand and body lotion for dry skin
- ☐ Finding ways to stay physically active – outdoors or indoors
- ☐ Dressing in layers to manage temperature changes
- ☐ Adapting to changes in work or school schedules due to the winter holidays
- ☐ Connecting with others by visits, phone, text, email, or video chat
- ☐ Scheduling time with people you care about
- ☐ Being creative; finding fun ways to spend extra time indoors during the season



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Winter Planning

During the winter you may change **what you *do*, what you *wear*, what you *eat*, and where you *go*.**

Describe something you like to do or someplace you like to go during the winter.

What is something you like to eat only during the winter?

What is something that makes you happy to wear during the winter?



Winter Wellness Planner

Make a Plan For Yourself



When considering holiday/winter wellness, it is a good idea to think of the self-care practices that help you feel and be well. You already recorded the activities that boost your mood, and your strengths for maintaining a focus on wellness.

Now, take time to consider the places you go and the people you can connect with to support your self-care and stay well during the winter. Places may include a family member's home, a library, a spiritual venue, or an outdoor area, for example.

List up to three places you can visit to spend time feeling good:

Where will you go?	How will you get there?
1.	
2.	
3.	



Winter Wellness Planner

List up to three **supporters** and how you can **connect** with them. Supporters may be friends, family, coworkers, or others.

Supporter	How to Connect
1.	Phone: Email: Address: Text: Video chat:
2.	Phone: Email: Address: Text: Video chat:
3.	Phone: Email: Address: Text: Video chat:



Winter Wellness Planner

Winter Wellness Self-Care Strategies

Self-care is a set of planned and deliberate actions that you take daily or weekly to manage your stress, to get and stay physically healthy, and to create and re-create a feeling of wellness. Self-care activities are what you do to get well, feel well, and stay well.

Sleep is a time when your body shifts into different patterns of mental and physical activity. In addition to creating periods of down-time for rest throughout your day, you may find that you feel rested simply by shifting gears.



Sleep has many important benefits for memory, mood, energy, and physical health. Research suggests most people do best when they get 7-9 hours of sleep each night.

Sleep hygiene¹ means following a consistent and healthy pattern for the best sleep:

- A regular sleep schedule with the same bedtimes and wake-up times daily
- A dark, cool room
- No electronics with screens (blue light²) for 30-60 minutes before bedtime

Sleep and Rest

- Plan ahead to balance time for sleep, rest, and being active
- Plan your routine so you get enough sleep/rest each night, *and avoid oversleeping during the winter months*

Plan time to Relax

- Know your limits
- Consider visiting a museum or holiday show
- Attend a play with a holiday theme
- Plan an indoor or outdoor project or go to a show with people (*young and old*) in your life



¹ Learn more at www.sleep.org

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

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Winter Wellness Self-Care Strategies (continued)

Many people think of **physical activity** for health as being formal exercise. However, you can benefit from any movement—active chores, standing instead of sitting, and moving around instead of standing.

While specific exercises can benefit your stamina, strength, balance, and flexibility, being generally active without doing specific exercises is also beneficial. **Mindful moving** is paying attention to the sensations of moving and the actions you are doing as you move about. Movement keeps your blood flowing, tells your brain to stay alert, and, over time, helps you stay healthy and fight off illness. Mindful movement can reduce stress and improve concentration.

Be Active

- Walk around a mall with friends
- Clean your living area with enthusiasm!
- Enjoy outdoor winter activities
- Join an exercise class or fitness group in the community
- Use extra care to prevent slips and other winter injuries, and make sure that kids and elders do the same



Mindful Eating

- Plan to eat fresh fruit and vegetables during winter months
- Drink water before your meal so that you get full faster
- Put mostly vegetables and fruit on your plate
- Eat several small meals, so that you are not starving when it comes time to share a holiday feast
- Replace bread and biscuits with fruits and vegetables
- Watch your portion sizes
- Opt for water or tea instead of soda, alcoholic beverages, or caffeinated drinks



Winter Wellness Planner

Wellness Affirmations³

Establish your awareness in the breath.

Breathe fully, smoothly, evenly and diaphragmatically.

Say any or all of the affirmations in your mind with your smoothly flowing breath.

Or, you can recite the affirmations quietly out loud with emotion and conviction, while seated or lying down, anytime anywhere.



- ♥ I open my heart with love and compassion for myself and all others
- ♥ I am stable, grounded, steady and calm
- ♥ I release all that doesn't serve me
- ♥ I am filled with strength, courage, energy and patience
- ♥ I am grateful for all the gifts of my life
- ♥ I forgive myself, I forgive all others, I am forgiven
- ♥ I care for myself in all the eight dimensions of wellness
- ♥ I care for myself physically, with good rest, exercise and nutrition
- ♥ I care for myself spiritually, with a sense of purpose and peace
- ♥ I care for myself socially, with strong and healthy relationships
- ♥ I care for myself intellectually, with lifelong learning and sharing knowledge
- ♥ I care for myself emotionally, with recognition of my and others' feelings
- ♥ I care for myself occupationally, with activities that are meaningful and rewarding
- ♥ I care for myself environmentally, with healthy, calming, and uplifting surroundings
- ♥ I care for myself financially, with knowledge and care for my financial wellbeing
- ♥ I open my heart with love, gratitude, and compassion for myself and all others

be good to yourself

³ Developed by Dr Susan Gould Fogerite and Dr Peggy Swarbrick

Winter Wellness Planner



A smile is the light in your
window that tells others there
is a caring, sharing person
inside

--D. Waitley