

2020-2021

Winter Wellness *planner*

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.

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.**

Created by

Peggy Swarbrick, Pat Nemec, & George Brice
Design by Joseph Faaiza

Wellness Institute
Collaborative Support Programs of New Jersey,
Inc.
Freehold, NJ

Winter Wellness

Winter Wellness Rituals

This winter may be more challenging. We encourage you to take time to plan wellness habits and rituals despite the social distancing.

Stay Connected

How can you stay connected with others, either in person, by phone or social media?

Keep Your Mind Active

What can you do to keep your mind active?

Winter Wellness

Be Active: Move

What will you do to be active and move your body?

Keep Busy

What activities can you plan to do each day/week to keep busy?

Sleep and Rest

What is the best time for you to go to sleep and wake up?

Winter Wellness

Spend Time Outdoors

At what times of the day will you go outside?

Self-care

What can you do to maintain hope, and keep a positive mood?

Spiritual Activities/Practices

What spiritual activities / practices can you do?

Winter Wellness

List the top 6 wellness habits you plan to do routinely for each day, week, or month. What can you do to ensure that you are able to take part in the holiday rituals and traditions that you enjoy most?

December						
S	M	T	W	T	F	S
		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						
S	M	T	W	T	F	S
					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						
S	M	T	W	T	F	S
	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						
S	M	T	W	T	F	S
	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			

WELLNESS AFFIRMATIONS

Affirmations can enhance mental spiritual and intellectual wellness. An affirmation is a positive statement of support or encouragement. It helps you replace negative thoughts. Repeating positive affirmations can improve your mood.

- 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 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, your refrigerator, or over your kitchen sink.



Winter Wellness

WELLNESS AFFIRMATIONS

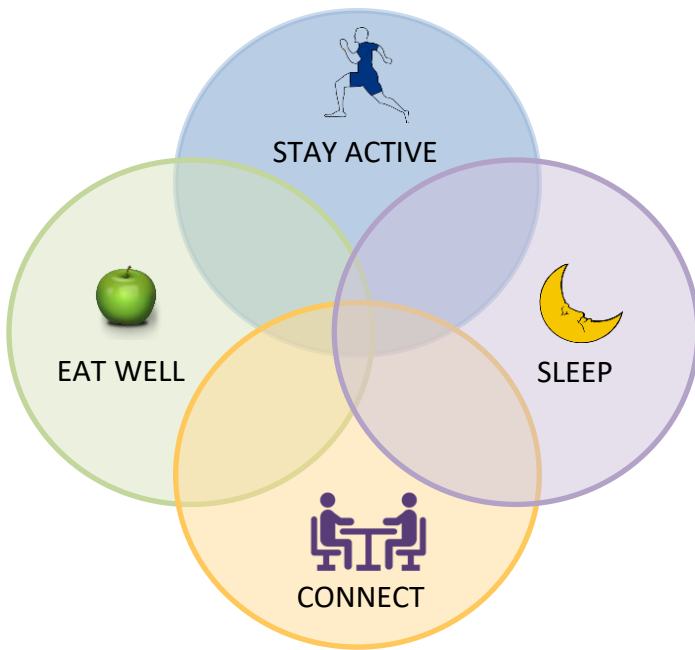
- ♥ I care for myself by doing activities that have purpose
- ♥ I care for myself by connecting with others I care about
- ♥ I care for myself through learning and sharing knowledge
- ♥ I care for myself by moving mindfully
- ♥ I care for myself by getting restful sleep
- ♥ I care for myself through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

Write your own affirmation here:

Make a plan to share with others by email or phone

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!