

Winter Wellness Plan



Winter Wellness Planner

Winter Memories

Many of us may have good memories of winter/holiday gatherings, and/or outdoor winter recreation. Some people face challenges during the winter, including isolation, limited ability to exercise, memories of losses, overeating, and overspending. This wellness planner is designed to help you plan ahead so you can maintain a sense of wellness during the winter season.



Describe a positive winter memory.

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

Holidays

The winter holiday season is an annual festive period. Various studies have shown that this holiday season can impact your health (social, emotional, physical, etc.).

What do you like to do during the Winter Holiday Season?



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How do you celebrate the Winter Holiday Season?

Winter Challenges

Winter is the coldest season of the year in temperate climates, between autumn and spring.

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

Challenges during the holidays

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



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General Stressors and Triggers

- **Physical**
 - Diet and nutrition
 - Physical activity
 - Sleep
- **Emotional**
 - Losses may impact harder during winter time
- **Social**
 - Lack of, or a limited support network may create a sense of loneliness, which can become overwhelming
 - Drinking at social functions, such as family parties can be a trigger for some people
- **Financial**
 - Spending can become out of control
 - Additional spending on gifts and holiday treats may be stressful on a limited budget
- **Spiritual**
 - Sense of purpose and meaning can be impacted
- **Occupational**
 - Work routines are altered, which can impact rhythm and contribute to overwork or being under-productive

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What triggers do you face during the holidays?

(Examples include large groups of people, overspending, and alcohol at parties)

1.
2.
3.
4.
5.

List supporters and how you can connect with them during the holidays.

When considering our holiday/winter wellness, it is a good idea to think of the self-care practices

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

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that we need in order to feel well and maintain/improve our overall health status. Activities like exercise, spiritual connection, social contact, and reading can all be tools that help us to stay well during the winter season.

Diet and Nutrition

- Eat several small meals during the day so that you are not starving when it comes time to eat a holiday feast
- Bring healthy treats to holiday gatherings to allow for better food options
- 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 of us get less fresh fruit and vegetables during winter months – look for healthy ways to replace these vital nutrients

Physical Activity and Environment:

- Walk around a mall with friends
- Join an exercise class or fitness group in the community
- Clean your living area
- Enjoy outdoor winter activities
- Find creative new ways to exercise indoors; dance, work out to a video, do exercises such as sit-ups that use your body as resistance
- Use extra care outside to prevent slips and other winter injuries, and make sure that kids and elders do the same

Health Care

- Practice good prevention for colds and flu such as frequent hand washing and getting prevention vaccines such as the flu vaccine, if it's recommended for you
- If you follow self-management for a chronic health condition, don't let holiday events, meals, travel, etc. let you get derailed from properly managing your condition

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; ideas include volunteering at a soup kitchen, or helping with a toy drive for holiday gifts for children

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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 Art:

- Art can be a great way to express yourself during the holidays
- Consider attending a museum or holiday light show
- 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
- Consider using creativity as a way to address holiday spending and gift giving, consider making gifts using art, instead of buying gifts

Winter Wellness Tools

List your top five strategies for staying well this season:

Wellness Strategy	How often I will do it	When I will start
1.		
2.		
3.		
4.		
5.		

Winter Wellness Planner

Monday, December 3, 2012

Morning

Afternoon

Evening

Tuesday, December 4, 2012

Morning

Afternoon

Evening

Wednesday, December 5, 2012

Morning

Afternoon

Evening

Thursday, December 6, 2012

Morning

Afternoon

Evening

Friday, December 7, 2012

Morning

Afternoon

Evening

Habits, Tools, and Supports

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Saturday, December 8, 2012

Morning

Afternoon

Evening

Sunday, December 9, 2012

Morning

Afternoon

Evening

Monday, December 10, 2012

Morning

Afternoon

Evening

Tuesday, December 11, 2012

Morning

Afternoon

Evening

Wednesday, December 12, 2012

Morning

Afternoon

Evening

Habits, Tools, and Supports

Winter Wellness Planner

Thursday, December 13, 2012

Morning

Afternoon

Evening

Sunday, December 16, 2012

Morning

Afternoon

Evening

Friday, December 14, 2012

Morning

Afternoon

Evening

Monday, December 17, 2012

Morning

Afternoon

Evening

Saturday, December 15, 2012

Morning

Afternoon

Evening

Habits, Tools, and Supports

Winter Wellness Planner

Tuesday, December 18, 2012

Morning

Afternoon

Evening

Friday, December 21, 2012

Morning

Afternoon

Evening

Wednesday, December 19, 2012

Morning

Afternoon

Evening

Saturday, December 22, 2012

Morning

Afternoon

Evening

Thursday, December 20, 2012

Morning

Afternoon

Evening

Habits, Tools, and Supports

Winter Wellness Planner

Sunday, December 23, 2012

Morning

Afternoon

Evening

Wednesday, December 26, 2012

Morning

Afternoon

Evening

Monday, December 24, 2012

Morning

Afternoon

Evening

Thursday, December 27, 2012

Morning

Afternoon

Evening

Tuesday, December 25, 2012

Morning

Afternoon

Evening

Habits, Tools, and Supports

Winter Wellness Planner

Friday, December 28, 2012

Morning

Afternoon

Evening

Monday, December 31, 2012

Morning

Afternoon

Evening

Saturday, December 29, 2012

Morning

Afternoon

Evening

Tuesday, January 1, 2013

Morning

Afternoon

Evening

Sunday, December 30, 2012

Morning

Afternoon

Evening

Habits, Tools, and Supports

Winter Wellness Planner

Wednesday, January 2, 2013

Morning

Afternoon

Evening

Saturday, January 5, 2013

Morning

Afternoon

Evening

Thursday, January 3, 2013

Morning

Afternoon

Evening

Sunday, January 6, 2013

Morning

Afternoon

Evening

Friday, January 4, 2013

Morning

Afternoon

Evening

Habits, Tools, and Supports