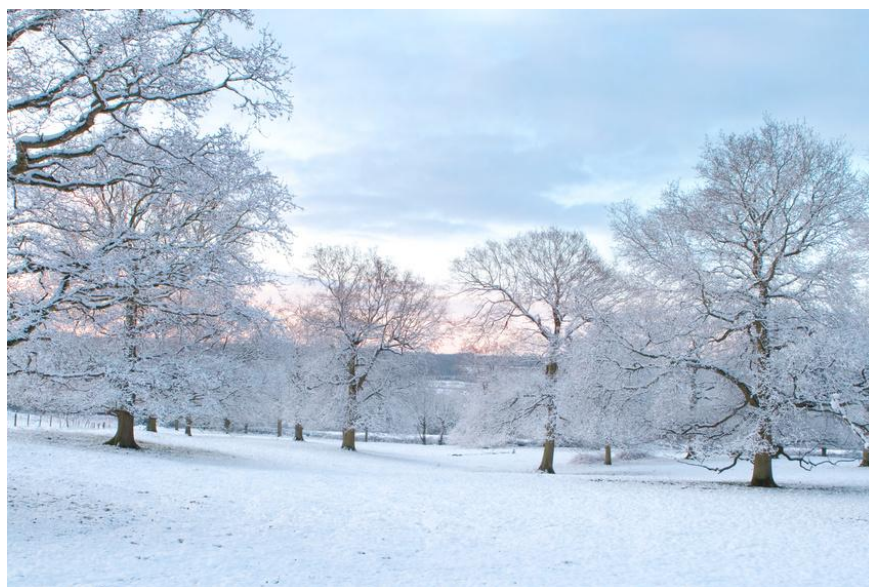


# Winter Wellness Plan

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# 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 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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# Winter Wellness Planner

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

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## **Holidays**

The holiday season, (the holidays) is an annual festive period. Various studies have shown that the winter holiday season can have some impacts on health (social, emotional, physical etc).

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

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# Winter Wellness Planner

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## How do you celebrate the Holiday season?

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## Winter Challenges

**Winter** is the coldest season of the year in temperate climate, 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.

# Winter Wellness Planner

## Wellness Dimensions



☯ Physical

☯ Occupational

☯ Environmental

☯ Spiritual

☯ Mental/  
Emotional

☯ Social

☯ Intellectual

☯ Financial

Swarbrick, M. (March 1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20, 1-4.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29, (4) 311- 314.

### General Stressors and Triggers

#### Physical

- Diet and nutrition, physical activity, sleep
  - **Emotional**
- Losses may impact harder during winter time
  - **Social**
- Too much stimuli or may not have a support network so sense of loneliness becomes overwhelming
  - Drinking can be a trigger for some people
    - **Financial**
    - Spending can become out of control
      - **Spiritual**
  - Sense of purpose and meaning can be impacted
    - **Occupational**
- Work routines are altered which can impact rhythm and – over or under productive

# Winter Wellness Planner

## 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?

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

# Winter Wellness Planner

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## 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 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
- Exercise extra care 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
- If you follow self-management for a chronic health condition, don't let holiday events, meals, travel, etc. let you get derailed

## 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

# Winter Wellness Planner

- 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

## Winter Wellness Tools

When considering our holiday/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 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	How often I will do it	When I will start
1.		
2.		
3.		
4.		
5.		



# Winter Wellness Planner

**Monday, December 6, 2010**

AM

PM

Evening

**Friday, December 10, 2010**

AM

PM

Evening

**Tuesday, December 7, 2010**

AM

PM

Evening

**Saturday, December 11, 2010**

AM

PM

Evening

**Wednesday, December 8, 2010**

AM

PM

Evening

**Sunday, December 12, 2010**

AM

PM

Evening

**Thursday, December 9, 2010**

AM

PM

Evening

**Habits, Tools, and Supports**

# Winter Wellness Planner

**Monday, December 13, 2010**

AM

PM

Evening

**Friday, December 17, 2010**

AM

PM

Evening

**Tuesday, December 14, 2010**

AM

PM

Evening

**Saturday, December 18, 2010**

AM

PM

Evening

**Wednesday, December 15, 2010**

AM

PM

Evening

**Sunday, December 19, 2010**

AM

PM

Evening

**Thursday, December 16, 2010**

AM

PM

Evening

**Habits, Tools, and Supports**

# Winter Wellness Planner



**Monday, December 20, 2010**

AM

PM

Evening

**Friday, December 24, 2010**

AM

PM

Evening

**Tuesday, December 21, 2010**

AM

PM

Evening

**Saturday, December 25, 2010**

AM

PM

Evening

**Wednesday, December 22, 2010**

AM

PM

Evening

**Sunday, December 26, 2010**

AM

PM

Evening

**Thursday, December 23, 2010**

AM

PM

Evening

**Habits, Tools, and Supports**

# Winter Wellness Planner

**Monday, December 27, 2010**

AM

PM

Evening

**Friday, December 31, 2010**

AM

PM

Evening

**Tuesday, December 28, 2010**

AM

PM

Evening

**Saturday, January 1, 2011**

AM

PM

Evening

**Wednesday, December 29, 2010**

AM

PM

Evening

**Sunday, January 2, 2011**

AM

PM

Evening

**Thursday, December 30, 2010**

AM

PM

Evening

**Habits, Tools, and Supports**