



Winter Wellness

Contents

What is my Winter Wellness programme about?

- It is about Wrapping up the year to get ready for the new year.
- How to get through the darker days and nights
- Cozy nights and what would you like to do in the Winter
- Slowing down and do less
- Setting goals for winter
- Making the most of the daylight
- Good Wellness Practices I use to enjoy the Winter time

Who is it for ?

- Those that lack motivation during the winter
- Need advice of how to get through winter when its not their favourite season
- What to get more out of during winter

When will it start and end ?

10th December 2024 to 31st January 2025



Brain Dump Your Thoughts and feelings

On this page you can jot down your current thoughts and feelings, and what you'd like to change during the Winter Months. Are their good thoughts aswell as bad? I like the cosiness of it because of watching a good film or a show on TV and like going on a Winter Walk and wrapping up the season, enjoying the crispiness.



Changing your routine and things I like to have Winter Time.

I find my eating habits change and have a porridge and soups. I like to get up a bit later and listening to different music and reading my book whilst it is raining outside and do a workout later in the day when it is a lot warmer and not in the morning.

I still like to walk in the mornings outdoors but wait until it is daylight and have my bath early in the evening and get ready for bed and read my book in bed, or watch a bit of TV switch off from my phone, laptop and tablet to have a good sleep. Of course you can do this all year round, but find it helps me in the morning, by not allow the dark mornings cause me to feel fatigue and switch on the snooze button.

Use this space to write down the things in the summer that you can adapt for the winter, like walking. I like walking more by wearing thermal clothes and buy clothes that I can wear in all seasons.

Go through your home and life. I like to make sure I have some vitamin C and a hot breakfast, Lunch and Dinner, rather than cold foods, keep the doors closed in the home to retain the heat in your home, thicker duvet and blankets and net curtains up on the window and a humidifier to help dampness in your home.

What drinks to drink. I find I drink less Fizzy drinks and more teas and coffee. I like to to make Crumbles, Making a trifle for Christmas, hot chocolates and the odd cake and custard.

I no longer drink too much Alcohol but at the weekend. I loved Mulled wine, Winter Cider and festive drinks in the coffee shops.

Use this page to go through go through your Routine and things you like to have for Winter that will boost your feelings for the Winter days to enjoy it.





Set Winter Goals

One of my Favourite things I love setting goals because it helps me stay focused on building my feelings about Winter and have things to look forward to aswell as the other seasons and help me grow as a human being,, so on this page you can set your goals.

The Three Sections I use to plan my goals is Home, Work and Play.



Make Winter Work For You

So what do you want out of Winter now you've set your goals, it is time to go through how you are going to achieve them. So make a plan and what are you excited about and what do you fear?



Great Meals For the Winter

I love winter food like stews and casseroles and so the one item I love using is my slow cooker and we now have a airfryer and love warm cosy foods that warm the heart and soul.

- Sausage and mash
- Stir fry
- Bubble and Squeak
- Roast Dinners
- Gammon with mash potato and salad or garden peas
- Steak Ale Pie, with mash and Green Beans
- Spaghetti Bolognese
- Mac and Cheese

Recommended products I love to use for cooking:

- Slow Cooker
- Wok or non stick Frying pan
- Airfryer
- Blender
- Kettle
- Good quality baking tray
- Tin Foil
- Baking Paper

What can you do with leftover fruit:

- Crumbles
- Trifle
- Breakfast muffins and cupcakes
- Fruit and cream
- Flans and Pies
- Cakes
- Chinese meals
- Curries

Things to enjoy Post Christmas

There are some things I enjoy post Christmas, in the winter time and the one thing is watching repeats of comedies on the TV and good films. Nice hot baths with bubbles, listening to some Enya or chill out music and just allow the cold weather make my home cosy with some nice winter socks.

Post Christmas things to enjoy:

- Slow Cooked meals
- Eat leftovers
- New year of making new life changes
- New Year goals
- Declutter your Christmas Decorations and get ready for Spring
- Book a holiday
- New year habits
- Planning for the new year

So What life changes do you want to make this winter as we approach the season?
What do you want to declutter this year and let go of. not just materialistic items but feelings too?

Who do you want to spend your time with this winter?

What do you want to focus on?

Why not create a Winter playlist on Youtube?

Or a list of films and TV you want to watch, written or in your TV planner?

The Winter doesn't have to be bleak and one that you can feel good about and so I hope you enjoy the blogs and videos which I will be doing on my Educational Youtube channel,

Perhaps there are things you want to restart..

Remember there is no terms or set rules but cheer each other a long and helps others we love to feel good this winter.

Reflecting

How did this Winter Wellness programme help you?

Did your way of thinking change when it comes to Winter time?

Was the outcome a positive one. Use the space below and reflect and added extra page for you and start Spring on a positive note too.

