



Winter Wellness

How do you feel about Winter ?

Hello, so you have decided to visit my blog site, Everyone Can build a castle and follow my Winter Wellness programme.

I created this programme last year, because this time of year I would feel very tired, less motivated to do anything and low in terms of my wellbeing because of the shorter days and changes to the weather. Changing your lifestyle can help when having less light. it can be a lot harder to get outdoors, your kids get frustrated because they don't feel the cold. I have found Winter very hard. My son doesn't like to wear a coat or a jacket and it is okay to not go outside some days and doing things like a nice meal in the evening and a good excuse to have a family day indoors, playing games like cards, board games and puzzles, but getting outdoors wrapped up is important to my wellbeing too. You don't have to get up super early if you don't want to and use Winter to be the season to slow down and relax more and do jobs around the house and take my time and play music and catch up on some TV.

So before you read on, spend some time writing down what is it about Winter that gets you down. In this printable I have space for you to write down your feelings or type it in, have a notebook.

Your Current Winter Habits

What are your Current Winter Habits? i have now started to have habits that I can do all year around. But I also like to be more cozy and have a hot bath in the winter, buy a new set of PJ's and have a nice festive hot chocolate rather than coffee, but I still read in the morning and at night, an "All year round habit", work on a book, go for walks and go through my finances.

Now I like to Take in the Winter air. Have a good winter breakfast like Porridge, go through my winter clothes and instead of doing a full workout, I like to do it in bits.

I like simple habits that is like a big warm hug and be wrapped in a blanket on the sofa.

Since I began changing my habits, I feel a lot better about the Winter and enjoy it much more now. So write down what are your current habits and what changes would you like to make and can start right now?

If you want to use the space below to write and next page then please do so:

What is your Winter Routine?

Why is this important?

I can feel a little lost during the Winter I find with out some kind of strategy, my day becomes bit hazy and feel the “Winter Slump” not wanting to heat healthy, not wanting to move and my body craves exercise and enjoy the coziness and the nice hot roast dinners and I like my mornings now, no matter the season and have a good amount of enthusiasm to have a good structured day and enjoy the winter nights.

Do you get up late but want to get up early? Your binge eating all day and you feel bad for doing so. I like a good routine no matter what time of year it is and my son likes a good routine and means if my son wants to sleep in some days he can. **So note down your current routine and what you want to change to make it better.**

What I like to do in the Winter time

I like the nature of seeing the different birds, visiting a Winter Market, days watching a film or sport and having a festive drink and just make the most of my days and just let the day unfold. I like to have a nice Winter Stew and seeing the Christmas lights in London.

I like to still go for walks, but not rushing and just taking in what is around me.

So jot down what you enjoy or want to enjoy? Do you like playing family games, a certain meal? just write and I find it opens many different thoughts and ideas when I write down what I like and don't.

Dealing with Financial Worries

With the winter come struggles with money and not having enough to get through the winter. So first off, set a spending plan. I do this each month and no longer avoid checking my bank account. Your health and wellbeing mentally and physical are important so don't feel you need to spend lots as we get through Christmas.

I now save bits of cash and in my bank accounts as even the little amount can still go, a long way. Share the cost and allocate others to buy food. My husband does the main shopping for Christmas and I will think about lunches and will buy toiletries and I will buy milk and bread by saving my change.

I have a fixed amount I like to save and I am now covered for birthdays and then Christmas. I have many birthdays before Christmas so it is important to make sure I am covered.

So go through with your family of where you can share the cost in the winter and all year round.

And Remember Your Family and Friends love you so don't feel you need to buy lots of gifts and decor.

How much do you usually spend in the Winter?

I was at one point ignoring my spending. I ended up in debt because I felt you had to spend a lot to feel that I am being good by buying gifts and decor. I like what we have now and don't feel I need anymore Baubles. I like to spend money on clothes secondhand, that are versatile, so items that won't last for a short time but long lasting and can be worn all year round. Food that can be frozen and be used as leftovers, drinks that can last and buying one gift for everyone and food that can be frozen and have long expiry dates.

My son get a little more presents but still don't spend the earth and going out is better than a gift. I have booked a bus trip to see the lights of London so it doesn't have to be physical gifts.

So think about where you can save and spend less.

You can use the space below:

Personal Dilemmas

It may be, not getting on with family, a friend and being on your own.

if you fear the cold and worried about affording the utilities because of costs being so high.

People aren't contributing in terms of costs. It is time to speak up and take action.

Talk to your energy suppliers or have someone who can do this on your behalf. My mum would help my nan and friends and family when it comes to finance and the home and pensions.

Take a moment to jot down your personal fears.

Or if it is debt. if your caring for someone and it is getting too much.

When my parents divorced one winter it did affect how I saw Winter and when my nan died.

I felt sad because I loved the traditions we had in winter.

I loved seeing my cousins and Aunty and uncles. So when this stopped it hit my hard.

I was against Christmas and the winter and couldn't wait for the new year to start, to start a fresh.

So spend time just emptying out your mind:

If it helps use a journal or notebook or the space below.

Create New Traditions

I loved the Traditions we had when I was a kid. My Grandad would allocate one of us kids to hand out the gifts, he'd cut the turkey and someone had to spill salt from the salt pot into their dinner and we'd play card games and listen to the Queen's speech.

When these Christmases ended and my Nan died, who was the last of that generation of my mums family, meant those traditions we had, changed.

I wished I could have paused those moments, seeing my family but I had to realise, I can't control that and so it meant, developing new traditions.

I now take Henry to a Pantomime with his grandparents and my Brothers family. I take Henry to see the Christmas lights in central London and watch Polar Express or the Grinch and just enjoying our days no matter how short the days are in the Winter, I find the cold air wakes me up and have a duvet day. That can also be a tradition in the winter.

Some go on holiday. We did this once and took a trip to America. I'd love to go away one Christmas again and go to Scotland and just do something different each year. That's still a tradition and really help increase your endorphins during Winter, making you enjoy it more and letting the passed Traditions go.

So create some New Traditions or continue traditions to remember those no longer with us.

Making Winter Goals

This bit for me, is important. It helps set up an action. So it could be to learn how to make a Winter Soup, build my savings.

It could be to go away somewhere and be on somewhere where it is warmer. So spend some time setting yourself goals, to get the most out of the Winter and being in a different place can do you wonders. I was desperate to go away at Christmas in in 2012, with my husband and I went to Orlando Florida and loved the fact I could wear flip flops where in London it was woolly hats and layers. So set some goals not too many and what one thing can you do to reach your goals?

So Now Write down What you want to Change?

This is where you start to make changes, to your Habits, Routine, Finances and work towards your goals
Start with Habits, then Routine, Your Finances and Things that you have started to enjoy and your Goals:

Habits:

Routine:

Finances:

What you have started to enjoy about Winter:

Goals:

So now reflect on your thoughts and feelings now.

What has worked out, what has not?

How are you relaxing/

Sleeping?

Getting outdoors?

Delegating?

Managing your Finances?

You can use these space below.

We've Reached The End

So it has come to the end of my Winter Wellness programme. I hope you found my blogs helpful and you feel better in the Winter and getting more out of it.

Please give me feedback on Everyone can build a Castle and my Pinterest board too.

<https://everyonecanbuildacastle.com>

<https://uk.pinterest.com/thetypicalLondongal/winter-wellness-2025/>

I hope you had a good Christmas and for the first time to feel good about it.

I am in the process of developing more programmes so please follow me on Pinterest and my website Everyone can build a castle to stay noted of my up and coming blogs content and programmes.

Many thanks
Carrie X