

# Personalized Winter Wellness Plan

## 1. Light Exposure

- Spend 20–30 minutes each morning in natural daylight when possible.
- Sit near bright windows while working.
- Keep curtains open during the day to maximize natural light.
- Consider bright indoor lighting in commonly used rooms.

## 2. Movement & Physical Activity

- Schedule 20–30 minutes of movement most days.
- Mix strength exercises, stretching, and brisk walking.
- Try short “movement snacks” throughout the day to lift energy and mood.

## 3. Sleep Routine

- Keep consistent sleep and wake times.
- Dim lights 1 hour before bed to support natural melatonin.
- Limit screen time late at night.

## 4. Social Connection

- Plan weekly meetups or calls with family or friends.
- Join a class, club, or group activity—virtual or in-person—to stay engaged.
- Schedule small rituals (coffee chats, walks) to maintain connection.

## 5. Nutrition Support

- Include foods rich in vitamin D (eggs, fortified foods, salmon).
- Eat balanced meals with lean proteins, whole grains, and colorful vegetables.
- Stay hydrated—warm teas, water, and soups help maintain daily intake.

## 6. Mood & Stress Management

- Practice mindfulness or deep breathing for 5–10 minutes daily.
- Keep a gratitude or mood journal.
- Engage in hobbies that feel restorative.

#### 7. Environment & Home Comfort

- Use warm, layered lighting to brighten darker winter spaces.
- Keep your home cozy with blankets, warm colors, and calming scents.
- Step outside briefly during daylight hours, even if cold.

#### 8. When to Seek Extra Support

- If mood changes begin interfering with work, relationships, or daily tasks.
- If fatigue, low motivation, or sadness persist for more than two weeks.
- If you would benefit from professional emotional support or therapy.

This wellness plan focuses on healthy routines that support energy, mood, and resilience throughout the winter season.