Winter Self-Care Toolkit



connections in mind

Self Care During the Winter Months



Winter can be a funny season. For many people in the northern hemisphere, the cold weather is a real presence in our everyday lives. It plays a vital role in our emotional regulation and general mental health.

Print this handout to follow along with the VIDEO, and map out a PLAN to ensure there is family harmony over the festive season.

Light Therapy for SAD?

Light therapy is founded on the idea that the shortened daylight hours in winter are responsible for triggering or causing SAD. Light therapy combats this by exposing individuals struggling with SAD to artificial lights for set periods.

Here is a link to some lamps on Amazon.

This therapy is sometimes called phototherapy or Bright Light Therapy (BLT). The best results have been obtained when the light exposure occurs in the morning, before or until noon.

Although light therapy may seem innocuous, it is recommended that it be closely monitored by a health professional, since there may be side-effects. The side-effects are rare, but anyone who is suicidal must be closely monitored.

Read more here

SAD Symptoms*

The symptoms of SAD are very similar to depression. These are some of the symptoms that may be seen. If more than half of these apply to you, seek support by clicking here

- ❑ Low mood and decreased energy
- ❑ Loss of interest in previous hobbies
- ❑ Inability to feel pleasure or disinterest in pleasurable activities
- ❑ Feeling sad and crying easily
- ❑ Withdrawal from social activities
- ❑ Decreased activity levels
- ❑ Feeling worthless or experiencing guilt over past events
- ❑ Irritability
- ❑ Difficulty concentrating
- ❑ Hypersomnia – sleeping long hours
- ❑ Craving carbohydrates and, as a result, gaining weight.
- ❑ Losing weight (less common)
- ❑ Suicidal thoughts

* Source: SADA.ORG



WEEKLY SELF CARE SCHEDULE

Choose some of the options to help boost your mood.

Mon	Tues	Weds	Thurs	Fri	Weekend
Take a long bath	Listen to an audio book	Paint your nails	Mindful colouring	Dinner by candle-light	Light a candle
Watch favourite film	Unplug all electronics	Make a non-alcoholic cocktail	Thumb through old photos	Relax to jazz	Bake Bread
Moisturise your skin	Read a book	Diffuse essential oils	Journal your feelings	Cook your favourite meal	Make a hot drink
Play board game	Connect with a friend	Arrange some flowers	Walk in nature	Write a poem	Do pajama stretches
Go to bed early	Bundle up to count stars	Take a long hot shower	Listen to beach sounds	Stroke a pet	Go for a walk



MY SELF CARE MENU

Things I can do to help improve my mood

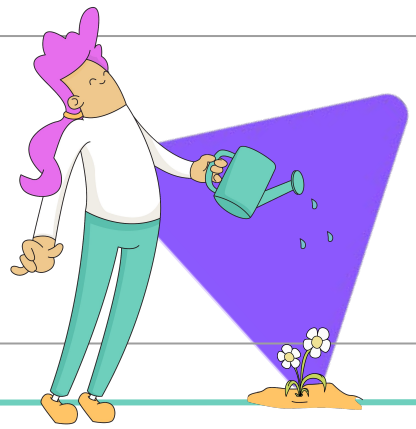
Activity	Cost	Time Investment	Impact (1-5)
E.g. Full body massage	£50-90	2 hours	5
E.g. Chat with best friend	Free	1 hour	4



Gratitude Chart

Keep a note of things you are grateful for here:

Day & Date:	Things I am grateful for:
	1. 2. 3.
	1. 2. 3.
	1. 2. 3.
	1. 2. 3.
	1. 2. 3.



Free Video Resources On YOUTUBE

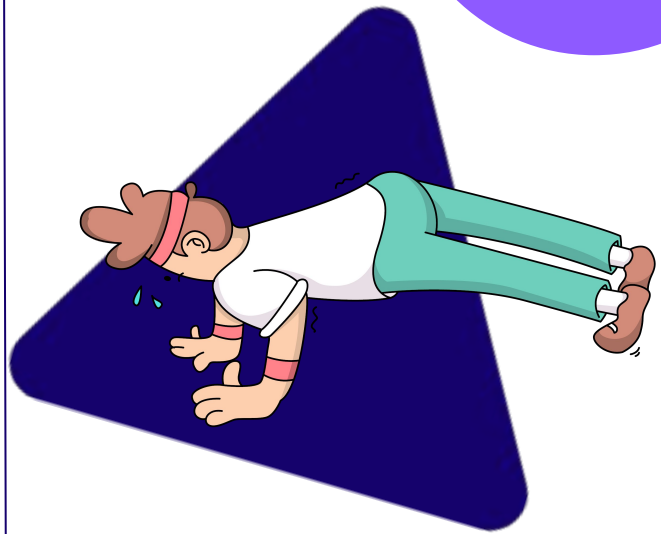
Here are some of our favourite videos. Take a look and see what appeals to you. Remember - what works for one person might not work for another, so don't be discouraged if it doesn't feel right.

20 Minute Dance Workout
Hustle, Salsa, Merengue, Cha Cha, Rumba and Jive

Daily Calm Guided Mindfulness Meditation

Yoga - 20 min Beginner Flow for Strength & Flexibility

Joe Wicks 25 minute HIIT Workout





What would I say to a friend?



Remember that we are often much more unkind to ourselves than we ever would be to our friends...

What would you say to a friend in the same situation?

Unkind self-talk to reframe:

Unkind Self-Talk	Reframe
Eg: You don't deserve this self indulgence.	*Eg: If I look after myself I will be able to show up better for my family/work.*

ANTs Worksheet

Trigger:	Automatic Negative Thought (ANT):	Alternative Realistic Thought (ART):
Example: Friend asks you to join them for a wintery walk.	It's too cold out there, much nicer to stay where it is warm.	I know how important exercise is for my mental wellbeing, I can do this if I wrap up really warm.



Would you like more support?

"I literally don't know where I would be without the Connected Club - Thank you so much"

~ Connected Club member



We are dedicated to supporting you!

Let us know how we can help you on your journey!

Take a look!

Want to learn more about Executive Functioning? Click on the links below:

- Intro to EF short course

Looking for a supportive community in our Connected Club group sessions?

- Weekly Support Group
- Fortnightly Strategy Group
- Parent Facebook Group
- Adult Facebook Group
- Book a call to talk about coaching!

