

Welcome to the joy of wintering, embracing a special time of the year. Use this chart for inspiration to curate a wintering season just for you. Repeat some of these, add your own, and breathe.

Read a book

Start a jigsaw puzzle

Mindful drawing

Snuggle up with a blanket and a hot chocolate outside

Go for a walk in nature

Write a short story or a poem

Bake something new

Sit back and listen to music

Pick up a sewing project

Invite a friend round

Make a nutritious meal

Use a bath/shower bomb

Top Tips

1. Plan properly so you aren't chasing your tail
2. Relax and honour your time to rest
3. Be kind to yourself
4. Enjoy the present

