Winter Wellness

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Learning Objectives

By the end this session participants will be able to:

• Explore factors related to winter wellness across the 8 dimensions of wellness
• Identify strengths in maintaining and increasing wellness in winter months
• Practice simple self-care strategies (affirmations, pause breathe and mindful moving)
• Use a Winter Wellness Planner to maintain purpose and connection

Winter
Wellness

What do you do now?

EMOTIONAL
Coping effectively with life and creating satisfying relationships.

ENVIRONMENTAL
Good health by occupying pleasant, stimulating environments that support well-being.

INTELLECTUAL
Recognizing creative abilities and finding ways to expand knowledge and skills.

PHYSICAL
Recognizing the need for physical activity, diet, sleep, and nutrition.

FINANCIAL
Satisfaction with current and future financial situations.

SOCIAL
Developing a sense of connection, belonging, and a well-developed support system.

SPIRITUAL
Expanding our sense of purpose and meaning in life.

OCCUPATIONAL
Personal satisfaction and enrichment derived from one’s work.
Anticipating Personal Challenges
What might get in the way this winter?

How might your schedule change?

How do your daily activities change?

How does winter affect your energy and motivation?

What extra resources might you need?

What sort of support will you need?
Winter Wellness:

What do you usually do to stay well?

Please write into the chat
Winter Wellness Planner
Many people have difficulties during December, January, February, and March. The winter weather, darker days, and stressful holidays can be a challenge.

This resource can help you plan to be well through the winter months by strengthening your wellness self-care skills.

You can work on this alone, in a group, or with someone you trust to help plan activities and routines that will help you feel well.

Created by Peggy Swarbrick, Pat Nemec, & George Brice
Design by Joseph Farina

Wellness Institute
Collaborative Support Programs of New Jersey, Inc.
Freehold, NJ
Staying Connected

What are ways you are staying connected with others, either in person, by phone or social media?
How can you...

...stay connected?
Keep your Mind Active

What can you do to keep your mind active?
"exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain."

Some of the benefits of physical activity on brain health... (acute effect), such as reduced feelings of state anxiety (short-term anxiety), improved sleep, and improved aspects of cognitive function.


Winter Exercise

winter workouts help you get exposure to sunlight, which may help ward off seasonal affective disorder, a type of depression that some people experience during the winter months.

[Harvard Men's Health Watch, "The wonders of winter workouts Exercising in colder temperatures offers many advantages." Published: December 2018]
How can you... keep moving?
Move Practice
What will you do to... ...keep busy?
Sleep and Rest
What can you do to... get a good night’s sleep?
Spend Time Outdoors
SELF CARE
Pause
Breathe
What spiritual activities/practices can you do?
Affirmations:
Nourish your mind
positive thoughts

COPSA Institute for Alzheimer’s Disease and Related Disorders
Affirmations

I am ...

I can ...

I will ...

COPSA Institute for Alzheimer’s Disease and Related Disorders
I am grateful for...
...today
...the sun
...a cup of tea
...your smile

Stay Positive
The Importance of Planning
Wellness

What do you plan to do?

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List the top 6 wellness habits you plan to do routinely for each day, week, or month. What can you do to ensure that you are able to take part in the holiday rituals and traditions that you enjoy most?

Winter Wellness
List the top 6 wellness habits you plan to do routinely for each day, week, month.
Positive habits can:

• Help you have more energizing experiences
• Transformational
• Rewarding
How will you Share winter wellness to others?
For more info:

Contact
pswarbrick@cspnj.org

Download
WoW Newsletter
www.cspnj.org/news
Professional Caregiver Self-Care Guides

Affirmations 90 Second Resiliency Video

https://www.youtube.com/watch?v=uIP1seHLn-k&feature=youtu.be

https://www.care2caregivers.com/self-care/

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COPSA Institute for Alzheimer’s Disease and Related Disorders
Care2Caregivers Self-Care Project

Rutgers University Behavioral Health Care

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