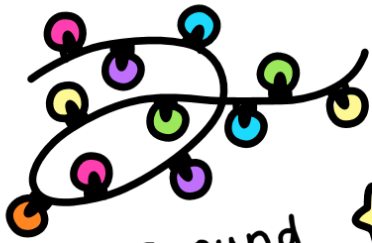


* Winter To-Do List

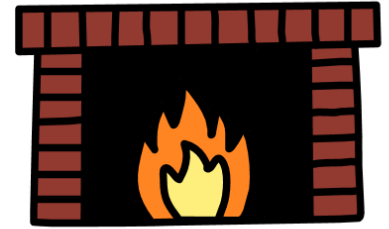
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Drive around looking at lights

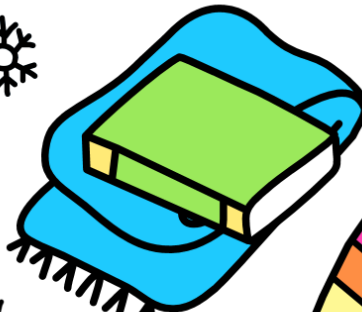


Find the perfect fruit cake recipe



Stream a relaxing fireplace/winter video

Send cards to your favorite people



Curl up with a cozy winter read



Find the *best* ugly sweater



Bundle up and go for a walk



Light candles and relax



Make the perfect cup of hot chocolate



What are you looking forward to this Winter?

Winter Check-In!

♥ What do you need right now?

♥ How is your body feeling?

♥ What boundaries do you need to enforce?

♥ Is there anything upsetting you or bothering you?

♥ Have you been taking care of your basic needs today?

♥ What are you holding onto that you need to let of?

Winter Self-Care Challenge

Use towels right out of the dryer	Invest in or make a good moisturizer	Find a fun new winter hobby	Watch a holiday ambience video	Make your home smell more festive	Do a thing you loved as a kid
Have a day of hygge	Wear something warm & fuzzy	Go for a walk with a warm drink	Give yourself a neck massage	Do a comfy yoga routine in your pjs	Foot warmer or heated blanket
Get cozy and read a new book	Have a hot drink like tea or cocoa	Make a holiday favorites playlist	Bake cookies or other small treats	Have a lazy day spent relaxing	Make a tray of fun snacks
Find a festive phone wallpaper	Look at holiday lights	Watch a cozy or holiday movie	Take a little cat nap	Love on and appreciate your body	Take a long, hot shower or bath
Make a cozy nest or pillow fort	Make a get-well kit for sick days	Journal or reflect on the past year	Check in with your stress levels	Put out food for wildlife	Write your own holiday story

Notes:

1. Use towels right out of the dryer after a shower. There is nothing worse than climbing out of the nice warm shower and into the cold, freezing, air. Pop your bathrobe or towels into the dryer so they're all warm and toasty when you get out.
2. Invest in (or make!) a good moisturizer. Dry skin is no joke. I use a recipe similar to this one and I add lavender essential oil to it.
3. Find a good winter hobby. I love reading in bed but one of my other favorites is jigsaw puzzles. I can get lost for hours and it's a great stress reliever, especially if you're having a day of high anxiety.
4. Watch a fireplace ambience video. We all know the fireplace in the log video. There are also so many more.
5. Make your home smell more festive. Cinnamon is a wonderfully warm scent!
6. Do something you loved as a kid or always wanted to do as a kid but weren't able to.
7. Have a day of Hygge. Hygge is the Danish practice of comfort and coziness.
8. Treat yourself to a new pair of slippers, sweaters, socks, scarves or pajamas! Fuzzy socks are my favorite!
9. Go for a walk with a travel mug of tea or coffee.
10. Give yourself a massage or use a heating pad on sore muscles.
11. Do a comfy yoga routine. Light some candles, put some blankets on the floor, and just lay there being present. Try "Yoga for the

Winter Blues". There are also tons of other great videos for anxiety and stress on the Yoga With Adriene YouTube channel!

12. Get a heated blanket or make your own foot warmer. Put it where your feet go right before bed so there are no freezing toes!

13. Read a book while curled up in bed.

14. Drink something hot like tea or make a mug of fancy hot chocolate.

15. Make a playlist of holiday music and listen to it as you drift off to sleep.

16. Bake cookies and hand them out in cute little bags to the ones you love.

17. Have a lazy day where you spend the whole day doing a whole lot of nothing.

18. Instead of making a meal, plan a day where you make a tray of little snacks and finger foods and watch movies or your favorite show.

19. Decorate your digital devices with wintery wallpapers or themes.

20. Look at Christmas lights. Drive around or take a walk around your neighborhood and just enjoy the effort people took to create something pretty for you to look at!

21. Watch a cozy movie that makes you think of winter or watch a movie with a holiday theme.

22. Get more sleep. Take a nap in the middle of the day. Take advantage of the darkening days. See if you can make it to bed 30 minutes earlier. You can also try out this fancy alarm clock which will simulate sunrise if you have to wake up early in the morning!
23. Make peace with your body. Pamper yourself and treat your body in a loving way.
24. Take a long, hot, shower or bath. Make it fancy with candles or fluffy towels or holiday music playing softly in the background.
25. Make a cozy nest. I love pushing my couch and loveseat together so they're facing each other and creating one gigantic couch full of blankets and pillows. It's super comfy!
26. Make a get-well-kit! 'Tis also the season for colds and the flu. Make yourself a little box of things that will make you feel better so that in the event you do get sick you won't have to go out for the things you need and you can stay home and rest.
27. Winter is a time for introspection. Go within and take some time to process and journal
28. Check in with where your stress and overwhelm levels are. What situations do you need to step away from or where can you shift or share some of your responsibilities?
29. Get a birdfeeder or put a dish of bird food outside and see how many different types of birds come to visit you.
30. Write your own holiday story or if you're an artist (or even if you aren't!) draw, doodle, or paint something winter-themed!



Give yourself
permission to
take an evening
for yourself!

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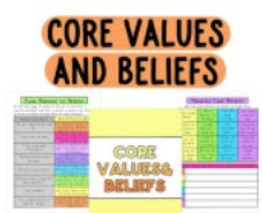
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Check out SelfLoveRainbow.com for lots of articles on self-care, and mental health.

I also have a shop [on Etsy](https://www.etsy.com/shop/SelfLoveRainbow) where you can find tons of printables!