



WINTER SELF-CARE IDEAS

from Sharon Martin, LCSW

- Start a journal
- Read a good book
- Savor a hot drink
- Get a flu shot
- Enjoy nature's beauty
- Feed the birds
- Go to therapy
- Get more sunlight (spend time outside or use a light therapy lamp)
- Stay in and get cozy
- Watch your favorite holiday movie
- Connect with friends
- Treat yourself to some nice moisturizer and lip balm
- Take care of your body (get enough rest, exercise, and don't over indulge in sugar and alcohol)
- Get creative with arts and crafts
- Say "no" to an invitation or commitment that feels stressful or doesn't interest you