

The Winter Wellness Reset

Small daily habits to support your wellbeing this winter

This isn't about perfection
Its about taking small steps each day

This pack is here to help you create small moments of care, calm, and connection
throughout winter

Take what you need, move at your own pace, and remember that even the smallest habits
can make a big difference

How To Use Your Winter Reset

- Complete activities whenever they feel supportive
- Use the bingo cards as inspiration, not pressure
- Journal whenever you need a moment to reset
- Celebrate small wins
- Rest is productive too

June Wellbeing Bingo

Listen to your favourite song	Stretch your body	Have an early night	Message a friend	Spend time outside
Declutter one small space	Make a nourishing meal	Do something you find fun	No phone for 30 minutes	Practice deep breathing
Drink enough water today	Write down one goal	Free Square	Try a new recipe	Compliment yourself
Watch a sunrise or sunset	Make your bed	Tidy your space	Have something warm to drink	Celebrate a small win
Journal for 5 minutes	Have a screen-free evening	Go for a 10 minute walk	Write 3 things you're grateful for	Read for 15 minutes

Complete a line, a few squares, or simply use this as inspiration

July Wellbeing Bingo

Eat without distractions	Write a brain dump list	Open the curtains early	Listen to a podcast	Spend time in nature
Put on fresh bedding	Dance to your favourite song	Read something inspiring	Drink herbal tea	Write about your ideal life
Organise one drawer	Practice gratitude	Free Square	Go to bed earlier	Do something creative
Say no to something draining	Cook a comforting meal	Sit in silence for 5 minutes	Create a cozy evening	Reflect on your week
Have a slow morning	Take a mindful shower	Write down positive affirmations	Move your body for 15 minutes	Call someone you love

Winter wellness is built through small moments of care

August Wellbeing Bingo

Go for a mindful walk	Practice positive self-talk	Write your monthly goals	Spend time doing nothing	Bake something cozy
Journal your thoughts	Have a tidy-up reset	Stretch before bed	Write down what you're proud of	Spend time with family
Read before sleep	Watch the clouds	Free Square	Unfollow accounts that drain you	Try a new healthy recipe
Make time for rest	Put your phone away early	Practice deep breathing	Reflect on your growth	Plan something to look forward to
Write a kind note to yourself	Laugh with loved ones	Take a social media break	Watch your favourite comfort movie	Listen to calming music

You deserve care, rest, and softness too

Winter Reflection Prompts

Use these prompts whenever you need a moment to pause, reflect, and reconnect with yourself.

- What do I need more of this winter?

- What helps me feel calm and grounded?

- What am I grateful for today?

- What habits make me feel my best?

- What do I want to let go of this season?

- What fills my cup emotionally?

- What would make this week feel successful?

- What is one thing I'm proud of lately?

- How can I be kinder to myself?

- What does rest look like for me?
