

Finding the Joy in Winter

Use this worksheet as a reference guide to help you enjoy winter when you are struggling with the cold weather blues.

WHAT I FIND BEAUTIFUL ABOUT WINTER:

(the stillness and quiet that winter brings, the snowy landscape, etc.)

- 1.
- 2.
- 3.

IDEAS FOR FUN ACTIVITIES I CAN PARTICIPATE IN:

(things like cooking classes, visiting museums, weekend getaways, etc.)

- 1.
- 2.
- 3.

WAYS I CAN FIT EXERCISE INTO MY DAILY ROUTINE:

(walking, playing sport, riding a bike, skiing, ice skating, etc.)

- 1.
- 2.
- 3.