

Seasonal Self-Care Workbook

Introduction

The different seasons bring with it changes in temperature and daylight. The natural world responds to this and we may see different animals, birds and leaves. It can also have an impact on our mood, emotions and social activities. Certain activities and events may only run at certain times of the year and visitor attractions may change their opening hours. Different times of the year impact what we are able to do, our well-being and our self-care needs.

This workbook has been created to help you to

- Increase your awareness on how each season impacts you;
- discover how your self care needs may vary between seasons;
- overcome self care challenges;
- Find appreciation in each season and
- use the practice of gratitude to improve your mood throughout the year.

Note:

Each table for you to fill in has a completed example beneath it.

This worksheet is best used along side the accompanying blog www.melaniehudson.co.uk/blog/seasonselfcare

Part One - The difficulties and benefits of each season

1a. Complete the following table to explore what you find positive and challenging about each season. (An example can be found at the bottom of the page)

	Energy Levels (1 Low - 10 High)	Emotional/Behavioural Impact	Positives	Challenges
Spring				
Summer				
Autumn				
Winter				

Example:

Summer	8	1. Increased motivation to exercise 2. More sociable 3. Calmer	Long days Warmer Weather Flowers in full bloom	1. Hot for exercising outdoors 2. Dawn wakes me up too early
--------	---	--	--	---

1.b How can you do to overcome each of these challenges or make them more manageable?

	Challenge (taken from the previous table)	How to overcome or cope better with the challenge
Spring		
Summer		
Autumn		
Winter		

Example:

Summer	1. Hot for exercising outdoors 2. Dawn wakes me up too early	1a. Run later in the day when it is cooler 1b. Pick routes that are more shaded e.g. woods 2a. Invest in some black out blinds
--------	---	--

Part Two - Interests spanning all seasons

2a. What, if any, main interest(s) do you want to/currently engage in all year around?

- 1.
- 2.
- 3.

Example:

1. Running
2. Being Creative
3. Reading

1b. Select one of the activities listed on the previous page: _____ (e.g. running)

1c. How does each seasons impact on this activity? (Leave blank if no impact)

	Positive Impact	Negative Impact
Spring		
Summer		
Autumn		
Winter		

Example:

Running

Spring	1. Less constrained by daylight 2. Have more energy 3. Spring growth motivates me to get outside	1. Weather can still be cold or wet
--------	--	-------------------------------------

1c. If you have more than one activity, complete a table for each one

Activity: _____

	Positive Impact	Negative Impact
Spring		
Summer		
Autumn		
Winter		

Activity: _____

	Positive Impact	Negative Impact
Spring		
Summer		
Autumn		
Winter		

2d. What, if any, action(s) can you take reduce the negative impact the season has on each activity?

	Activity	Impact	Action(s)
Spring			
Summer			
Autumn			
Winter			

Example

Spring	1. Running 2. Being creative	1. Weather can still be cold or wet 1. Less time to be creative	1. Buy better waterproofs 2. Remind self I will feel better for getting outside 2. Set some time aside in my diary for this.
--------	-------------------------------------	--	--

Part Three - Self-care specific to the seasons

What do you need during each season to bring yourself comfort or fun? (There are some examples on the next page)

	Season specific self-care actions	Frequency (be specific e.g. how often, time of day, time for that activity)
Spring		
Summer		
Autumn		
Winter		

Example and Self-care Ideas:

Sea son	Ideas	Frequency (be specific e.g. how often, time of day, time for that activity)
Spri ng	<ul style="list-style-type: none"> - Visit a nature reserve - Tidy up the garden - Decluttering the house - Take up a new interest - Go for a morning woodland walk and listen to the birdsong - Notice the change of scenery i.e. new growth, blossom and flowers - Decorate or do some DIY 	On Monday list places to visit. First Sunday morning each month visit one.
<u>Su</u> <u>mm</u> <u>er</u>	<ul style="list-style-type: none"> - Go for a picnic - Sit by the sea and watch the waves - Sit in the shade and read a book - Spend time outdoors with friends/family - Visit a formal garden - Paddel in the sea - Find a waterfall - Join an outdoor swimming group 	First Sunday of each month go for a picnic. If weather is bad go to cafe.
<u>Aut</u> <u>um</u> <u>n</u>	<ul style="list-style-type: none"> - Start a gratitude journal (see part 4 of this workbook) - Star gaze - Prepare the garden for winter - Walk in nature and appreciate the autumn colours - Do something creative - Watch the sunset/sunrise - Start a meditation practice 	Complete this before bed every night.
<u>Win</u> <u>ter</u>	<ul style="list-style-type: none"> - Join a gym/go to the gym - Visit a museum or art gallery - Journal. See my 'how to start a journal for well-being' blog - Snuggle under a warm blanket - Get an indoor plant - Invite friends/family over for a coffee morning or dinner 	Go to the gym three times a week (Monday, Wednesday, Friday evenings)

	- Listen to a podcast	
--	-----------------------	--

Part Four - Gratitude Journal

4. Worksheet for logging gratitude

	Today I am grateful for:	Today I appreciated this one things about Spring/summer/autumn/winter
Monday	1. 2.	1.
Tuesday	1. 2.	1.
Wednesday	1. 2.	1.
Thursday	1. 2.	1.
Friday	1. 2.	1.
Saturday	1. 2.	1.
Sunday	1. 2.	

Example:

Monday	1. Phone call from a friend	Autumnal cinnamon bagel
---------------	-----------------------------	-------------------------

	2. A tree full of autumn colours	
--	---	--

Self-care Ideas:

Season	Ideas
Spring	<ul style="list-style-type: none"> - Tidy up the garden - Decluttering the house - Take up a new interest - Go for a morning woodland walk and listen to the birdsong - Notice the change of scenery i.e. new growth, blossom and flowers - Decorate or do some DIY - Visit a nature reserve
Summer	<ul style="list-style-type: none"> - Go for a picnic - Sit by the sea and watch the waves - Sit in the shade and read a book - Spend time outdoors with friends/family - Visit a formal garden - Paddel in the sea - Find a waterfall - Join an outdoor swimming group
Autumn	<ul style="list-style-type: none"> - Start a gratitude journal (see part 4 of this workbook) - Star gaze - Prepare the garden for winter - Walk in nature and appreciate the autumn colours - Do something creative - Watch the sunset/sunrise - Start a meditation practice
Winter	<ul style="list-style-type: none"> - Join a gym/go to the gym - Visit a museum or art gallery - Journal. See my 'how to start a journal for well-being' blog - Snuggle under a warm blanket

- | | |
|--|---|
| | <ul style="list-style-type: none">- Get an indoor plant- Invite friends/family over for a coffee morning or dinner- Listen to a podcast |
|--|---|