

BUILDING A WINTER WELLNESS PLAN



THE RIGHT ROOM

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A Worksheet to Support Seasonal Depression

Section One: Understanding Your Patterns

What do you notice about yourself each winter? Think about the last few years.

- What feelings come up?
- What habits change?
- What becomes harder?
- What helps, even a little?

My seasonal patterns tend to be:

Section Two: Identifying Early Warning Signs

Seasonal depression often has early subtle signs before the heavier symptoms arrive.

Some early signs I experience are (check all that apply or add your own):

- ☐ Feeling more tired in the morning
- ☐ Avoiding social plans
- ☐ Craving carbohydrates or sugar

- ☐ Staying home more often
- ☐ Feeling emotionally numb or shut down
- ☐ Losing interest in hobbies
- ☐ Finding it harder to start tasks
- ☐ Feeling more irritable
- ☐ Withdrawing from others
- ☐ Other: _____

My top three early warning signs are:

1. _____
2. _____
3. _____

Section Three: Choosing Your Core Supports

Pick **three priorities** that feel realistic. These will be the foundation of your winter plan; nothing overwhelming, nothing complicated.

From the list below, what feels doable?

- ☐ Light exposure (morning walks, light therapy lamp)
- ☐ Consistent sleep and wake times
- ☐ Gentle movement (ten minute walk, stretching)
- ☐ Weekly check in with a friend or partner
- ☐ Monthly appointment with your doctor
- ☐ Therapy sessions for additional support
- ☐ Taking vitamin D consistently (if recommended)
- ☐ Planning easy meals or snacks
- ☐ Scheduling moments of rest
- ☐ Limiting comparison based social media use
- ☐ Other: _____

My three core supports will be:

1. _____
2. _____
3. _____

Section Four: My Micro Steps for Tough Days

When symptoms increase, your plan needs to shrink. These are the smallest, most realistic versions of your goals.

If I cannot do a full routine, my tiny version will be:

1. Light exposure tiny step: _____
2. Movement tiny step: _____
3. Connection tiny step: _____
4. Self care tiny step: _____

These micro steps are not meaningless. They are shifts that matter.

Section Five: My Winter Environment Support

Think about how your space can support your mood and energy. **What can I put in place now to help my future self?**

- ☐ Keep blinds open during the day
- ☐ Set up a light therapy lamp
- ☐ Keep warm blankets or cozy items accessible
- ☐ Have simple meals stocked in the fridge
- ☐ Create a calming corner for reading, resting, or decompressing
- ☐ Keep a “low energy day” basket (snacks, comfy socks, fidget tools, journal, etc.)
- ☐ Other: _____

The environment changes I will make:

Section Six: Who Is On My Support List

You do not need many people; just safe ones.

People I can reach out to when things feel heavy:

Professionals I may connect with:

- My doctor: _____
- My therapist: _____

- Emergency supports if needed:_____

Section Seven: Self Compassion Commitment

This winter, I give myself permission to (check any that resonate):

- ☐ Slow down
- ☐ Rest without guilt
- ☐ Lower unrealistic expectations
- ☐ Ask for help
- ☐ Have bad days
- ☐ Be human
- ☐ Honour my body's seasonal rhythm
- ☐ Take small steps instead of perfect ones
- ☐ Let go of shame around needing support
- ☐ Create a winter that feels softer, not harder

My self compassion statement - *This winter, I will remind myself that:*

Section Eight: My Completed Plan

My Core Supports:

My Micro Steps:

My Support List:

My Self Compassion Statement:

If this winter becomes heavy, I will remind myself:

I am not failing. I am responding to biology, seasons, and human limits. I deserve care, support, and gentleness.

A Note From Hannah

If winter is a difficult season for you, you are not alone. This worksheet is not about perfection or rigid routines. It is about creating a softer winter for the most human parts of you.

If you want guided support through seasonal depression or would like help tailoring your plan, you can book a no cost, fifteen minute consultation on [my website](http://www.therightroom.ca) (www.therightroom.ca).

You are not too much. You are just carrying a lot and you deserve a winter that feels gentler.

