




The Winter Wellness Reset



A Gentle Mental Health Guide for Slower
Seasons

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Welcome to Your Winter Reset

Winter invites us to slow down, soften, and turn inward.

If you feel heavier, quieter, or more tender these months, this guide meets you where you are.

The Winter Wellness Reset offers gentle practices and reflections to nurture your nervous system, honor your energy, and move through winter with ease and self-trust.

Move slowly. Take what you need. Return to these pages whenever you need grounding.

Best regards,

Sade A. Glenn, M.Ed.,
LPC, ACS





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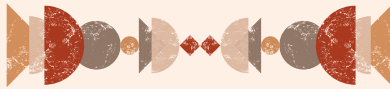
Section 1: Understanding Winter Mental Health




- Winter can impact mental health in subtle and real ways:
- Lower energy and motivation
- Increased anxiety or low mood
- Disrupted sleep patterns
- Social withdrawal or isolation
- Emotional heaviness or numbness

Reflection Prompt:

“During winter, I notice my mood and energy tend to _____.”





Section 2: Grounding & Regulation for Darker Days

Gentle practices to calm your nervous system and anchor you in the present.

The Soft Reset Breath

Inhale through your nose for 4

Exhale through your mouth for 6

Repeat 5 times

When to use: Anxiety, overwhelm, racing thoughts, or emotional fatigue.

Sensory Grounding

Name:

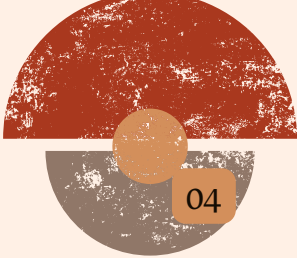
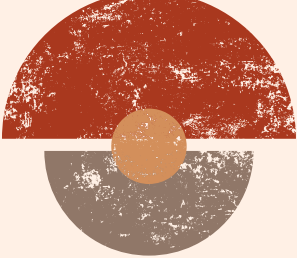
3 things you can see

2 things you can feel

1 thing you can hear

Reflection Prompt:

“After grounding, my body feels _____.”



Section 3: Emotional Care During Winter

Winter often brings suppressed emotions to the surface. Instead of pushing them away, this season invites gentle listening.

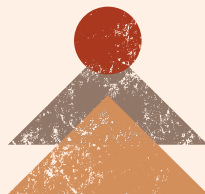
Emotional Check-In

Ask yourself:

- What emotion is most present right now?
- Where do I feel it in my body?
- What does it need from me today?

Journal Space:

“Right now, I feel _____ and I need _____.”





Section 4: Boundaries & Energy Protection

Lower energy seasons require clearer boundaries.

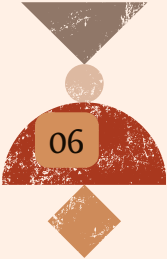

Gentle Boundary Scripts

- “I don’t have the capacity for that right now.”
- “I’m honoring rest this season.”
- “I need to move at a slower pace.”

Reflection Prompt:

“One boundary that would support me this winter is _____.”





✦ Section 5: Daily Winter Wellness Micro-Practices

06

Small, sustainable habits that support mental health.

Morning

- Open the curtains or sit near natural light
- Set one gentle intention for the day

Midday

- Stretch or move your body for 2–5 minutes
- Take 3 intentional breaths

Evening

- Name one thing that felt comforting today
- Reduce stimulation before bed





Section 6: Reframing Productivity & Rest

Winter is not a season of constant
output.

It is a season of:
Restoration
Reflection
Conservation of energy

Affirmation:

“Rest is productive. Slowness is
allowed.”





Section 7: When to Seek 08 Extra Support



If winter feels overwhelming—persistent sadness, anxiety, or isolation—it may be time for support.

Seeking help is a sign of strength.

Inspire & Elevate can guide you. Therapy, life coaching, and group sessions provide tools, connection, and care to help you navigate the season with ease.

You don't have to do this alone. Visit www.inspireelevatewellness.com or call (201) 503-4688 to get support today.





Closing Reflection

You don't need to force brightness during a season meant for softness.

Winter asks us to tend inward, to slow our pace, and to care for ourselves more intentionally.

Let this guide be a reminder: You are allowed to move gently. You are allowed to rest. You are allowed to ask for help.

About Inspire & Elevate

At Inspire & Elevate, we provide therapy, life coaching, group sessions, and corporate wellness experiences crafted to meet you where you are, honoring your journey, your pace, and your unique path to healing and transformation.

If you're ready to step into deeper support, connection, and care, we're here to walk alongside you.

