

**Journey to Wellness — A free self-guided healthy living program**

# Weekly mood booster

Managing the winter blues can be challenging, but there are many strategies that can help lift your mood.

- Each week, try at least one strategy from each category.
- At the end of the week, consider the weekly reflection questions.
- At the end of the month, consider the monthly reflection questions to gain deeper insight into your progress and well-being.

Complete this activity each week to get you through the winter.

### Light and bright strategies

- Spend at least 30 minutes outside during daylight hours.
- Try a light therapy box for 20–30 minutes in the morning.
- Take a lunchtime walk to maximize your exposure to daylight.
- Open your curtains and blinds to let in as much natural light as possible.
- Add your own strategy \_\_\_\_\_

**How did this strategy affect your mood, energy or stress level?**

Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Stay active strategies

- Stretch and do light exercises in the morning to kick-start your day.
- Start a new indoor exercise routine, like yoga or a home workout. Check out online options.
- Go for a brisk walk or jog outside.
- Plan an outdoor activity, like a winter hike, ice skating, snowshoeing or a visit to a local park.
- Add your own strategy \_\_\_\_\_

**How did this strategy affect your mood, energy or stress level?**

Week 1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Week 2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Week 3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Week 4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Negative change     No change     Positive change

### Connect and create strategies

- Call or video chat with a friend or family member you haven't spoken to in a while.
- Write a letter or send a thoughtful message to someone you care about.
- Pick up a new hobby or revisit an old hobby you used to enjoy.
- Plan an in-person or virtual game or movie night with friends.
- Look for volunteer activities in your community.
- Add your own strategy \_\_\_\_\_

#### How did this strategy affect your mood, energy or stress level?

Week 1       Week 2     
Week 3       Week 4

### Self-care and reflection strategies

- Practice mindfulness or meditation for at least 10 minutes.
- Treat yourself to a favorite snack, a relaxing shower, a good book or a feel-good movie.
- Practice gratitude daily by writing down three things you're thankful for.
- Bring the outdoors inside: plant an indoor garden or host an indoor picnic.
- Take a daily supplement of Vitamin D (with doctor approval).
- Add your own strategy \_\_\_\_\_

#### How did this strategy affect your mood, energy or stress level?

Week 1       Week 2     
Week 3       Week 4

### Sleep hygiene strategies

- Turn off electronic devices and TV at least 30 minutes before sleep.
- Maintain a regular sleep schedule and bedtime ritual.
- Get out of bed at the same time each morning.
- Make your bed each morning.
- Add your own strategy \_\_\_\_\_

#### How did this strategy affect your mood, energy or stress level?

Week 1       Week 2     
Week 3       Week 4

### Monthly reflection questions

- 1 Which strategies or activities positively impacted your mood and energy? \_\_\_\_\_
- 2 What were the biggest challenges you faced during the month, and how did you overcome them? \_\_\_\_\_
- 3 Did you discover any new interests or hobbies that you enjoyed? \_\_\_\_\_
- 4 What new habits or routines will you continue throughout the winter? \_\_\_\_\_

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[mayoclinichealthsystem.org/journey](https://mayoclinichealthsystem.org/journey)

