



# WINTER WELL

## A Month of Rest, Reflection & Seasonal Comfort

30 GENTLE INVITATIONS TO CARE  
FOR YOURSELF THIS NOVEMBER

*Slow down, take care, and find warmth in the  
simple things. This is a month for rest, gratitude,  
and nourishing your mind, body and heart.*



### REST & RESTORE



Give yourself  
permission to slow  
down and rest.



### COMFORT & WARMTH



Find warmth in  
simple comforts  
each day.



### NATURE & SEASONAL BEAUTY



Notice the quiet  
beauty of the  
season.



### GENTLE PLEASURES



Make time for the  
little things that  
bring you joy.



### CARING FOR YOURSELF



Nourish your body,  
calm your mind and  
protect your energy.



### THANKFUL & REFLECTIVE



Pause to reflect and  
appreciate what  
matters most.



1

Light a candle  
before sunset.



2

Take a walk and  
notice the beauty  
around you.



3

Make a warming  
meal and enjoy  
it slowly.



4

Go to bed  
thirty minutes  
earlier.



5

Spend ten  
minutes  
reading.



6

Watch the weather  
from indoors and  
enjoy the view.



7

Drink an extra  
glass of water  
today.



8

Write down three  
things you're  
grateful for.



9

Wear your  
coziest  
jumper.



10

Enjoy a slow  
morning without  
rushing.



11

Take a photograph  
of something  
beautiful.



12

Rest without  
feeling guilty.



13

Make a pot  
of soup.



14

Listen to calming  
music and  
breathe deeply.



15

Spend time  
outside, even if  
it's cold.



16

Reflect on something  
you're proud of  
this year.



17

Create a cosy  
corner just for  
you.



18

Declutter one  
small space.  
Enjoy the calm  
it brings.



19

Send a kind  
message to  
someone.



20

Watch the sunset  
and appreciate  
the moment.



21

Enjoy a hot  
chocolate or  
warming drink.



22

Write a note  
to your future  
self.



23

Do something  
creative just  
for fun.



24

Give thanks for  
the people who  
make your life  
better.



25

Take a break  
from screens  
this evening.



26

Notice the simple  
things that bring  
you joy.



27

Make a list of  
things you're  
looking forward  
to.



28

Enjoy the quiet  
and embrace  
the stillness.



29

Think of three  
things that went  
well today.



30

Set a gentle  
intention for  
the months  
ahead.



*May your November be filled with  
warmth, rest and gratitude.  
Take care of yourself –  
you are so worth it.*

