

# BEAT THE WINTER BLUES: MAKE A JOY LIST

With busy lives, we can find ourselves always on the move, and the hustle and bustle of our day-to-day activities can keep us from taking the time to really think about what brings us joy. Some people even experience “winter blues” when the days get shorter and there’s less natural light. As the holidays approach, challenge yourself to make a “joy list”. It’s just as easy as it sounds: a list of simple things in life that make your day just a little bit brighter.

Here’s an exercise to get you started!

Three activities that make me feel **good** and **energized**, or bring me **peace** and make me feel **relaxed**:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three **places** that make me happy:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three **people who bring me joy** when I spend time with them:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

Three times I **laughed out loud** this week:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

And that’s it! It’s a simple yet rewarding process. We hope this helps you fight off the winter blues and enjoy the season.



**SOUND HEALTH**  
& WELLNESS TRUST



## HERE ARE SOME THINGS TO CONSIDER AS YOU MAKE YOUR LIST:



### **Comfy clothes.**

Winter is the time for pajamas and sweatpants. Being comfortable, cozy and warm can be joyful.



### **Music.**

Whatever genre of music is your favorite, consider giving it a spot on your joy list. Nothing nourishes the soul like a good tune.



### **A comfort show.**

We all have that show or movie that makes us feel better when we watch it. Movie night, anyone?



### **A good book.**

Screen fatigue is real. It might be time to visit your local library or bookstore to find a great story to get immersed in.



### **A creative activity.**

Do you have creative activities that fulfill you and bring you joy? Crafts, woodworking, baking or something else?



### **The great outdoors.**

Spending time in nature is a natural anti-depressant. A little time in a park or on a hiking trail can be energizing and help reduce stress at the same time.