

# MOVING THROUGH THE WINTER BLUES...TOGETHER.

Join Us! Between Dec. 22nd - Jan. 22nd, try out at least 3 suggestions from below! Activities with an \* have additional resources included. Just scan the QR code to check them out! Also, be sure to follow Gateway to Prevention and Recovery, Inc. on Facebook to share your experiences! This opportunity was created for you by creative and thoughtful Gateway Staff!



**MORE ACTIVITIES!**

## Connect

- \*Perform a random act of kindness.** Since this time of year can be hard for a lot of people, think of one thing you could do to warm someone else's heart.
- \*Talk to your people.** Make a plan to check in with your friend, small group, 988 Helpline, or the CHES Health Connection App over the next month.
- \*Give a smile.** When you have the capacity to do so, consider giving a smile to a stranger as you are getting groceries, grabbing a coffee, or heading off to work.

## Create

- \*Color your feelings.** Find some markers, colored pencils, or broken crayons around the house or office and choose the colors that represent how you feel. Color away!
- \*Craft a brighter outlook.** Break out your sunglasses, beach hat, and Hawaiian shirt to summon that beach energy! Cut out or write down positive words and images and glue or tape them all down together. Bump a song that makes you smile.
- \*Explore a new recipe** or bring back an oldie but goodie. Consider asking a family member or friend to join in...especially if they like doing the dishes!

## Cozy Up

- \*Embrace the cozy vibes.** Set the mood with some soft lighting, quiet music, fluffy blankets, comfortable sweats, and yummy snacks. Let yourself sink into the moment.
- \*Let the light shine in.** Spend time in front of your lightbox, windows, bundled up outside in the sunshine, or in rooms with added lamps.
- \*Get warm.** Dive under a weighted or electric blanket, wrap yourself in a hat, gloves, or scarf, stick a sock filled with rice in the microwave, or throw your blanket in the dryer.

## Move

- \*Move in your space.** What kind of fun movement could you do in your living or work space? How about lifting some soup cans, playing musical chairs, or dancing around to your favorite song?!
- Snowball Effect.** Begin a movement such as walking, stretching, squats, crunches, etc. and try to do a little more of that movement each day. You can jot it down to keep track.
- \*Exercise and Eats.** From January 9th to January 31st at First United Bank on Harrison in Shawnee, take part in FREE Cooking Demos on Tuesdays at 4:00pm AND FREE Fitness Classes on Wednesdays at 5:45pm.

## Mindful

- \*Hydrate.** It can be harder to hydrate in the winter months. However, staying hydrated can keep headaches away, lubricate your joints, give you energy, and reduce cravings. Explore bubbly, fruit infused, and flavored waters in your favorite cup for extra enjoyment!
- \*Jot down your thoughts.** Grab a journal, piece of paper, or your phone and jot down your thoughts. Here's a prompt! Write a how-to guide on how to win at a snowball fight!
- \*Stay curious.** Take some time to dig into a fun hobby, read a good book, or listen to your favorite podcast.



Engage in at least 3 activities above and complete the survey by Wednesday, January 24th at 5pm to earn a FREE DRINK of your choosing from your local coffee shop! Thank you to First United Bank for your generous sponsorship!



**SURVEY LINK**