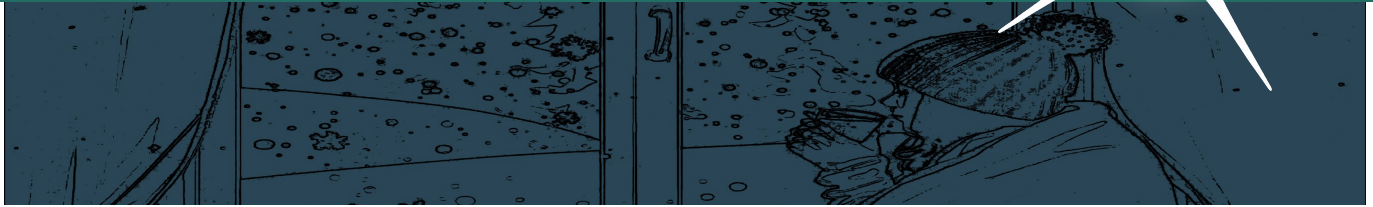


BRIGHTER TOGETHER

Your health & wellness matters!

Q1-2026



WINTER WELLNESS

Listening to the Body's Slower Rhythm

Winter changes more than the temperature outside. As daylight hours shorten, our bodies naturally shift. Light influences the internal systems that regulate sleep, mood, focus, and energy. With darker mornings and longer evenings, it is common to feel less alert early in the day, more ready for rest at night, and generally slower in pace.

These seasonal shifts are normal. Many people notice lower motivation, increased cravings for warm or carbohydrate-rich foods, and less desire to socialize. Rather than viewing this as a loss of productivity, it can be helpful to see winter as a period of conservation and restoration. When expectations adjust to match available energy, the season can feel more manageable and supportive.

Supporting Your Body This Winter

Small, consistent habits can help support your energy, mood, and overall well-being throughout the winter.



Move Gently & Consistently

Physical activity is one of the most effective mood supports. It does not need to be intense. Walking, stretching, yoga, or light strength training can improve circulation and mental clarity without feeling depleting.



Prioritize Restorative Sleep

Many people require slightly more rest during darker months. Keeping consistent sleep and wake times, limiting late-night screen use, and creating a calming bedtime routine can improve sleep quality.



Eat For Steady Energy

Cravings for comfort foods are common in winter. Pairing complex carbohydrates with protein and healthy fats helps maintain balanced blood sugar and sustained energy.



Stay Connected in Manageable Ways

Social energy may dip, but isolation can worsen low mood. Short check-ins, small gatherings, or planned activities can maintain connection without overwhelming your schedule.

When It Can Be More Than “Winter Blues”

It's common to feel more tired or sluggish during long stretches of cold weather. However, if low mood, irritability, difficulty concentrating, appetite changes, or withdrawal interfere with daily life and return each winter, it may indicate Seasonal Affective Disorder (SAD), linked to reduced light exposure.

Consider Light Exposure

Spending time outdoors during daylight hours can help. For some individuals, structured light therapy under professional guidance can also be beneficial.



Explore Structured Support

Cognitive Behavioural Therapy (CBT) has been shown to help individuals reframe seasonal thought patterns and build coping strategies.



Monitor Patterns

Noticing when symptoms begin and how long they last can help determine whether you should seek additional support.



Seek Professional Guidance

If symptoms are persistent or significantly disruptive, speaking with a professional can provide clarity and treatment options.





SELF-CARE SUNDAY

Simple Practices for Rejuvenation

Self-Care Sunday is a weekly opportunity to reset and recharge before the week ahead. By setting aside intentional time for yourself, even briefly, you create space to restore energy, reduce stress, and begin the new week with greater steadiness.

Each week can highlight one of five key areas:

- **Rest & Recovery:** Prioritize sleep, relaxation, and downtime.
- **Movement:** Gentle stretching, walking, or light activity to support circulation and mood.
- **Nourishment:** Balanced meals and hydration that stabilize energy.
- **Mental Reset:** Journaling, reflection, or mindfulness to clear mental clutter.
- **Connection:** Meaningful check-ins with yourself or others to maintain perspective and support.

Small, consistent actions in these areas help build resilience over time. Self-care does not need to be elaborate - it simply needs to be intentional. Even brief focused moments of care can create meaningful shifts in energy, focus, and overall well-being when practiced regularly.

MINDFUL MONDAY

Start Your Week with Intention

Mindful Monday is a simple way to begin the week with clarity and purpose. Instead of rushing into tasks and deadlines, it encourages a brief pause to align your mindset, priorities, and energy before the momentum builds.

Each week can focus on five key areas:

- **Clear Priorities:** Identify the top tasks that truly matter.
- **Present Awareness:** Use brief breathing or grounding exercises to anchor attention.
- **Intentional Planning:** Structure your schedule realistically to avoid overload.
- **Positive Framing:** Set a constructive tone through reflection or gratitude.
- **Healthy Boundaries:** Define limits around time and distractions.

Small moments of mindfulness at the start of the week can improve focus, reduce stress, and create a more balanced rhythm. Intention doesn't require extra time - just deliberate attention. A few purposeful minutes on Monday can shape the tone, energy, and clarity you carry into the days ahead.

Shepherd's Pie



Makes 6 servings

INGREDIENTS

- 2 ¼ lb large potatoes, washed and cubed
- 1 yellow onion, diced
- 1 lb lean ground turkey
- 1 cup canned lentils, rinsed and drained
- 2 tbsp Worcestershire sauce
- 2 tbsp canned tomato paste
- 2 cups frozen peas and carrots, thawed
- 2 tbsp soft non-hydrogenated margarine
- 1 tbsp 1% milk

DIRECTIONS

1. Place potatoes in a large pot of water and bring to a boil. Cook until the potatoes are soft, about 10 minutes and then drain.
2. Lightly coat a non-stick pan with cooking spray or oil and heat over medium-high heat. Add onion and cook for about 5 minutes, until browned. Add ground turkey, cook until brown.
3. Add lentils, Worcestershire sauce and tomato paste to the ground turkey.
4. Pour ground turkey mixture into a 8x8-inch casserole dish and spread evenly across the bottom. Layer peas & carrots on top of mixture.
5. Add margarine and milk to the potatoes. Mash with a potato masher or a hand blender. Layer mashed potatoes overtop peas and carrots and spread evenly.
6. Place in the oven on the lower rack and broil for 5 to 10 minutes until potatoes begin to brown. Use a digital food thermometer to check that the turkey has reached an internal temperature of 165 °F.

***"In slowing down,
we restore.
In choosing intentionally,
we move with clarity."***