

WINTER BINGO

Inspired by “How to Winter” by Kati Leibowitz, PhD

Winter-proof yourself: experiment with dressing for the worst weather.	Try a favorite summer activity in the winter.	Turn off all large overhead lights for one evening. Use indirect lighting like candles or lamps.	Make winter-positive small talk with one person.	Make use of your fireplace or set up a candle display.
Explore a slow hobby that encourages mindfulness, patience, and a deliberate pace.	Take an evening bath, foot soak, or hot shower.	Plan a daylight saving time celebration.	Take a photo of something you noticed that brings you winter-related delight.	Invite a friend for an outdoor activity.
Go outside for an extra 15 minutes.	Notice Nature. What is unique about that nature in winter?	Follow us on Instagram @bassetpsych	Do a low-arousal positive activity. The ones that make you feel calm, content, and at ease.	Make a list of 5 specific things you're looking forward to about winter (big or small).
Take a photo of something you noticed that brings you winter-related delight.	Invite a friend for an outdoor activity.	Make a favorite, cozy, comfort food dinner.	Explore a slow hobby that encourages mindfulness, patience, and a deliberate pace.	Prepare your house for winter.
Prepare your house for winter.	Take a family nap.	Take an awe walk. Leave your phone, take a leisurely pace, and observe surroundings as if for the first time.	Go outside for an extra 15 minutes.	Find rest in a new place inviting small, peaceful moments into your day.



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