

Winter Solstice

A Guide for an Intentional Winter



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The winter solstice is my favorite day of the year. It represents a return of light. There is something peaceful about knowing that no matter how cold the winter gets, the light is coming. For me, this is a day of quiet contemplation in the middle of a hectic holiday season. Lots of candles, soft music, and a journal nearby are all I need to make this day feel cozy and special. I hope the resources in this guide will help you feel grounded and intentional this winter season. ~ *Rachel*

Winter Solstice Reflection

Take a peaceful moment to ponder the questions below:

What do I need to let rest in my life?

What will bring me light this winter?

How can I bring light to others this winter?

Winter Solstice Reflection

Take a peaceful moment to ponder the questions below:

How can I nourish my mind, body, and soul this winter? (For ideas, keep reading the guide)

What is/are my intention(s) between now and the spring equinox?

What do I want to accomplish and/or change before the summer solstice?

Nourish Your Body

Nourish your body this winter with healthy, warm-you-to-the-bone recipes (click the links below to be taken to the recipe):

[Vegetable Soup](#)

[Vegan Chickpea Curry Jacket Potatoes](#)

[Gluten-Free Chicken Pot Pie Casserole](#)

[Healthy White Chicken Chili](#)

[Chicken with Orange Fig Sauce](#)

[Overnight Chia Porridge](#)

Nourish Your Mind

Winter is a great time to let “die” or let go of anything that may be hurting your mind. It’s also a great time incorporate more things that encourage peace and calm. Here are some ideas for nourishing your mind:

- Reduce your screen time
- Take a social media break
- Listen to calming music
- Start a meditation practice
 - Take a bath
 - Stretch
- Take a nap and/or go to bed early
- Read poetry, cozy fiction, or gentle self-help
 - Start a journal practice

Nourish Your Soul

Due to the short days and lack of sunshine, winter can take its toll on our mood. To help combat this, make it a point to incorporate things that bring extra “light” to your soul. Here are a few ideas:

- Write a letter (yes, a letter!) to a friend
 - Go outside or sit in a sunny spot
 - Volunteer
 - Start an art journal
 - Spend extra time with a pet
- Just like trees in winter, remove the “leaves” in your life- declutter
- Bring nature into your environment with branches, pinecones, twigs, etc.



Sending Peace

Thank you for downloading this guide. I hope it helps you find a little extra peace and restoration this winter. Now light a candle, curl up in a blanket, and enjoy some much-needed rest.

- *Rachel*