

Winter Solstice

A Guide for an Intentional Winter





Winter Solstice

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

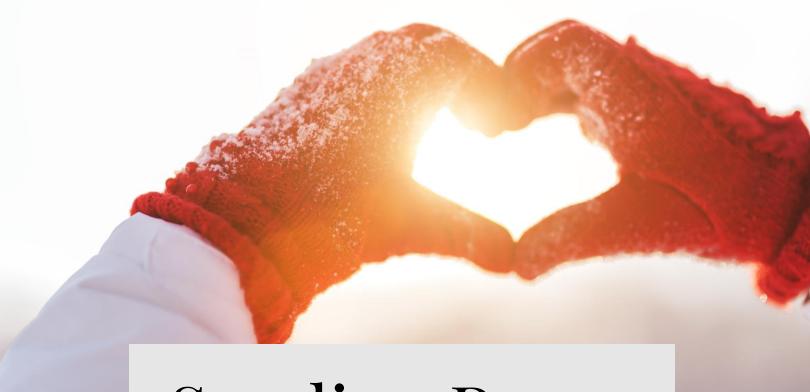
Winter is a great time to let "die" or let go of anything that may be hurting your mind. It's also a great time incorporate more things that encourage peace and calm. Here are some ideas for nourishing your mind:

- ☐ 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