

Quantin Binnah
Community Centre



Live your Best Life!



Wellness Workbook

Adults
ages 15+



Start of month Reflections

Take time at the start of the month to reflect on your winter wellness routine and how it impacts your life and those around you.

How do you feel about the arrival of winter? What emotions does the season evoke for you?

What changes do you notice in your energy levels during winter, and how do you manage them?

What are your favorite winter activities, and how do they contribute to your overall well-being?



How do you care for your skin and hair during the harsh winter weather?

In what ways can you bring more joy and fun into your daily winter routine?

Reflect on a previous winter. What lessons did you learn about maintaining wellness during this season, and how can you apply them now?

Keep your start of month reflections in mind when creating your smart goals and how you can you them to create a more inclusive month ahead.



June Challenge

Healthy Habits Challenge

Embrace the winter season by developing and maintaining healthy lifestyle habits with our Winter Edition Healthy Habits Challenge. As the days grow shorter and colder, it's essential to prioritize your well-being by integrating small, impactful changes into your daily routine. This month-long challenge encourages you to create healthy habits for the winter.

Follow these habits for the challenge:

Getting Fresh Air: Prioritize once a week making time to get outside for fresh air. The best time to get outside is when it's dry and sunny!

Cozy Connect: It can be easy to isolate ourselves in the winter and stay inside. Make time at least once this month to meet up with friends and enjoy social connection.

Immune System Booster: Staying well can be tough in winter. Once a week this month take a moment to boost your immune system by prioritizing your vitamin intake with a green juice, large serve of veggies or ginger tea.

W I N T E R W E L L N E S S

Challenge Checklist

Getting Fresh Air:

Cozy Connect:

Immune System Booster:



Smart Goals

Can you set one goal for the month of June that could help you stay well during the winter months.

Think back on your reflections to inform your goal.

Specific

What exactly needs to be accomplished?

Who else will be involved?

Where will this take place?

Why do I want to accomplish the goal?



Measurable

How will I know I've succeeded?

How much change needs to occur?

How many accomplishments or actions will it take?

Attainable

Do I have or can I get, the resources needed to achieve the goal?

Is the goal a reasonable timeframe for me?

Are the actions I plan to take likely to bring me success?



Smart Goals

Relevant

Is this a worthwhile goal for me right now?

Is it meaningful to me?

Would it delay or prevent me from achieving a more important goal?

Am I willing to commit to achieving this goal?



Time bound

What is the deadline for reaching the goal?

When do I need to take action?

What can I do today?




End of month Reflections

Take time at the end of the month to reflect on your goals, challenges and plans.

Now that winter is fully underway, how have your feelings about the season evolved? Have your initial emotions changed or deepened? Why?

Over the past month, what changes did you notice in your energy levels? How successful were your strategies for managing them? What might you do differently next month?

Looking back on the past month, what winter activities did you engage in most frequently? How did they impact your overall well-being?



How did your skincare and haircare routine work for you this month? What adjustments did you make, and what were the results?

Reflect on the ways you incorporated joy and fun into your daily winter routine. What activities or practices were most effective, and why?

Reflecting on this past month, what new lessons have you learned about maintaining wellness during winter? How can you apply these insights moving forward?

Planning Guide

On the next page you will find a monthly spread page. Use this guide to help you fill in your spread and incorporate your goals and personal time into your month.

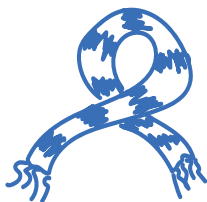
Getting Fresh Air: Prioritise once a week making time to get outside for fresh air. The best time to get outside is when it's dry and sunny!

Key Symbol:



Cozy Connect: It can be easy to isolate ourselves in the winter and stay inside. Make time at least once this month to meet up with friends and enjoy social connection.

Key Symbol:



Immune System Booster: Staying well can be tough in winter. Once a week this month take a moment to boost your immune system by prioritising your vitamin intake with a green juice, large serve of veggies or ginger tea.

Key Symbol:



Planning Example

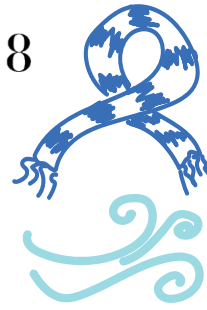
See our example below of how you might like to use your monthly calendar:

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W I N T E R W E L L N E S S



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