

SID JACOBSON JCC'S

FIGHTING WINTER DOLDRUMS

RESILIENCE CHALLENGE

WHAT IS THE CHALLENGE?

Welcome to the Resilience Challenge, a holistic journey aimed at strengthening our ability to thrive in the face of life's demands.

Resilience is not only about bouncing back from difficult times but also about building a foundation for wellbeing. Throughout each experience, you are invited to engage in activities designed to enhance various aspects of your emotional and physical stability.

The Resilience Challenge recognizes that a well-balanced approach to fostering positive habits is a cornerstone of optimal mental health.

Are you ready to be transformed?

WHAT IS THE LINK BETWEEN FIGHTING WINTER DOLDRUMS AND RESILIENCE?

Winter can bring a sense of heaviness and fatigue. However, our choices can help us navigate these challenges with strength and purpose. By addressing the emotional and physical effects of winter doldrums—like low energy, lack of motivation, and greater social isolation—we can cultivate habits and mindsets that support our well-being.

This collection of challenges empowers you to reframe winter as an opportunity to build resilience through intentional actions, self-care, and connections that keep your energy and spirit thriving all season long.



FIGHTING WINTER DOLDRUMS

1

Start the day with an expression of gratitude for something small

COMPLETED

2

Spend 10 mins in the winter sunshine, soaking up natural light

COMPLETED

3

Whip up a pot of hearty (Instagram trending) soup

COMPLETED

4

Schedule a virtual or in-person catch-up with a friend

COMPLETED

5

Commit to spending time with a winter book in a cozy reading nook

COMPLETED

6

Practice deep breathing exercises to center yourself

COMPLETED

7

Try a new creative hobby: painting, knitting, journaling

COMPLETED

8

Listen to music that lifts your mood and energizes you

COMPLETED

9

Check out a mindfulness app for a guided meditation

COMPLETED

10

Tackle a small decluttering task in your home to create mental clarity

COMPLETED

11

Indulge in self-care with a warm bath

COMPLETED

12

Volunteer to help someone - it boosts mood and connection

COMPLETED

13

Bundle up for a walk in the snow to appreciate winter's beauty

COMPLETED

14

End the day by reflecting on one thing you accomplished

COMPLETED

15

Write a letter to a loved one. Paper and pen! nothing electronic

COMPLETED

16

Make a warm drink ritual, like tea or cocoa, to create a moment of comfort

COMPLETED

PAUSE AND REFLECT

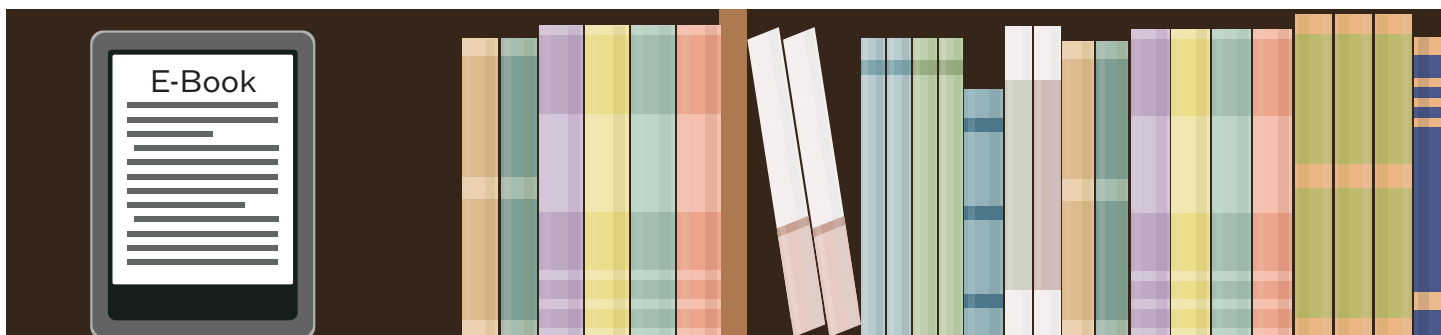
Consider how these self-care activities influenced your mood, energy, and mindset. Journal your thoughts and discoveries to deepen your resilience journey.

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THIS MONTH'S FEATURED TITLES INCLUDE:

*Defeating SAD (Seasonal Affective Disorder):
A Guide to Health and Happiness Through All Seasons*
by Norman E. Rosenthal M.D

Things to Do Before a Monday
by Syd Veverka

*365 Simple Pleasures:
Daily Suggestions for Comfort and Joy*
by Susannah Seton and Gail Greco



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