

# 9 Winter Wellness Activities to Enjoy

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Every season of the year offers abundant healthy winter activities for adults. Even on the coldest days of winter, when many activities are indoors, there is still no shortage of healthy and enjoyable things to do. There are so many healthful activities for people in [addiction recovery](#) to choose from, you'll never run out of fun, exhilarating, energizing, relaxing, satisfying, and inspiring winter wellness activities. Here is a winter activities list to help you make the most of the winter months ahead.

*Contact [Pathways Real Life Recovery](#) to schedule a free assessment and discuss your treatment options for alcohol treatment.*

## **Do Flexibility Exercises and Deep Breathing.**

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Stretching and practicing deep breathing are serene rituals that help improve circulation and maintain healthy joints and muscles. Controlling our breathing is a calming activity. Doing a few stretching movements after some deep breaths. [Click here](#) for some great flexibility exercises you can do indoors.

## **Practice Gratitude Daily.**

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Spend a few minutes every day focusing on what you're grateful for. Jot it down in a [gratitude journal](#) if it helps you remember it through the day and enjoy looking back on it in the future. Think about the people and places, and activities in your life that make you feel happy, contented, secure, or enriched or bring you other forms of enjoyment.

## **Adopt Healthful Winter Nutritional Habits.**

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Winter at the supermarket yields an overabundance of scrumptious seasonal fare. From the wide array of vitamin-packed squashes, pumpkins, protein-rich nuts, and so many other options. There's so much delectable and healthy comfort food to enjoy during the winter. Root vegetables, delicious soups, and warm beverages offer special flavors and aromas that give lasting pleasure and enriching effects.

### **Enjoy Winter Indoor Activities for Adults.**

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Joining a gym, running on the indoor track at the Y, or playing in a community basketball or volleyball league can be exciting. It's a great way to help yourself get or stay fit and engage with other people during winter. Winter temperatures can keep you from enjoying some of your preferred outdoor activities. But, it invites opportunities to participate in different kinds of invigorating indoor sports and exercises, like yoga, martial arts, dance aerobics, etc. Take along a sober companion to multiply the fun.

### **Enjoy Thoughtful Journaling.**

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Self-reflecting and writing down your thoughts can be very satisfying. The self-insights you're likely to develop can be great for self-guidance. Snuggled under a blanket with your journaling notebook and a cup of hot cocoa or tea promotes introspection and meaningful self-revelations. If you need help getting started, try some journaling prompts, such as, "I'm feeling good about..."

### **Fit in Winter Outdoor Activities for Adults.**

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Walking while practicing mindfulness is a healthy activity at any time of the year. But, there's something especially satisfying about walking in the winter. It's a relaxing, serene experience. Strolling in a winter scene, you can appreciate your surroundings in a way that can't be done from a moving car. The lacy silhouettes of the dormant tree tops, the fallen leaves, snow-covered grass, crisp air, and the relative quiet.

### **Spend Time with Friends and Family.**

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It can seem easier to hide away in your house and save yourself the energy of putting on a coat and scarf and warming up the car. But, social interaction is an essential part of good wintertime self-care. With slower outdoor activity schedules during cold months, it's even more important to plan things to do in the winter with friends. If you can't visit in person because of long distances, texting or a phone call to a family member or a friend can be a very meaningful substitute.

### **Curl Up with a Good Book.**

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Reading a good book is one of life's wonderful, satisfying personal journeys. Finishing the book brings a rewarding sense of accomplishment, which generally has a positive effect on self-esteem. Taking a brief break of a few days to a week and then starting the next reading journey develops a wintertime habit of healthy mental exercise and can tally up a very fulfilling total number of excellent reading and learning achievements for the season.

## **Adopt Some Warm Winter Habits.**

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Think of a few winter activities at home that you've enjoyed in the past but haven't made a point to do lately. List them if it helps you remember them. Pick one each day and do it. For example, watching a movie, listening to music by a fire, etc. It's a great way to keep a positive attitude during the season indoors.

## **For Alcohol Treatment – Pathways Real Life Recovery**

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If you or a loved one is struggling with alcohol abuse, our staff of professionals will work with you to develop the tools you need for recovery and relapse prevention. Our team includes M.D.s, addiction specialists, multiple types of therapists, social workers, and other treatment and support professionals.

**For information about alcohol assessment and treatment, call Pathways Real Life Recovery at (801) 895-3006, or contact us here online to schedule a free consultation today.**

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