

Winter Relationship Self-Care Checklist

Daily:

- Get some natural light each morning
- Share a small moment of connection (a hug, a cup of tea, a kind message)
- Acknowledge and validate each other's mood

Weekly:

- Have a 10–15 minute check-in about mood and energy
- Do one cosy, low-energy activity together
- Revisit household responsibilities and rebalance if needed

Monthly:

- Talk about how SAD or winter blues are affecting each of you
- Celebrate one small win or moment of closeness
- Adjust your winter wellbeing plan as needed

Notes:

(Use this space to jot down ideas, reminders, or comfort rituals you'd like to try together.)

A piece of light green, lined paper with a metal paperclip on the left side. The paper has horizontal lines and a torn bottom edge. The paperclip is a standard silver-colored metal clip.