



WINTER WELLNESS

EMBRACING REFLECTION, REST,
RELAXATION, AND RECOVERY.

A GUIDED WELLNESS JOURNEY



Here's How to Get Started

PURPOSE

The PAHL PULSE Winter Wellness Series is a virtual program designed to help individuals recognize winter lethargy—often caused by reduced daylight, colder temperatures, and disrupted routines—and learn practical, sustainable ways to restore energy, motivation, and overall well-being during the winter months.

WHAT IS WINTER LETHARGY?

Winter lethargy can show up as:

- Persistent fatigue or low energy
- Difficulty staying motivated or focused
- Increased stress, low mood, or irritability
- Disrupted sleep or cravings for comfort foods
- Reduced physical activity and social connection

The series normalizes these experiences and offers simple, science-informed, lifestyle-based tools to help people feel better—without shame or pressure.

HOW TO USE THIS GUIDE

Each week includes the following:

- A theme
- A short reflection
- Gentle prompts
- A simple wellness intention

There is no “right” way to complete this guide. This is about awareness, care, and compassion. Tune into @pahlga YouTube and Instagram for webinars, interactive polls, and other digital ways to engage.

Table of Contents

01 Arriving Where You Are

Let's do a vibe check. Winter invites us to notice where we are physically, mentally, and emotionally. Start the semester in reflection.

02 Redefining Rest

Rest is productive. It supports healing and resilience. Prevent burnout this semester with a few changes.

03 Movement for Mental Health

Movement doesn't have to be intense to be effective. Find what works for you and stick to it!

04 Nourishment on a Student Budget

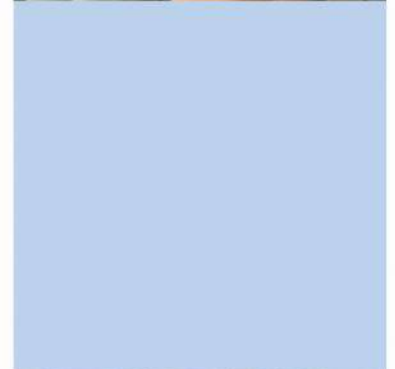
What we consume impacts how we feel. You can eat well even while balling on a budget.

05 Declutter: Revamping Your Room, Circle, and Mind

Our surroundings matter. Light, space, friend groups, and more affect mood, energy, and growth.

06 Reflection & Preparing for What's Next

This was just the beginning. Now the real work begins. How will you take these lessons and hold yourself accountable?





WEEK 1

Arriving Where You Are

Week 1 Mood & Energy Check-In

Rate your mood, energy, and stress level from 1 (lowest) to 5 (highest).

Mood (1-5)

1	2	3	4	5
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Energy (1-5)

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Stress (1-5)

1	2	3	4	5
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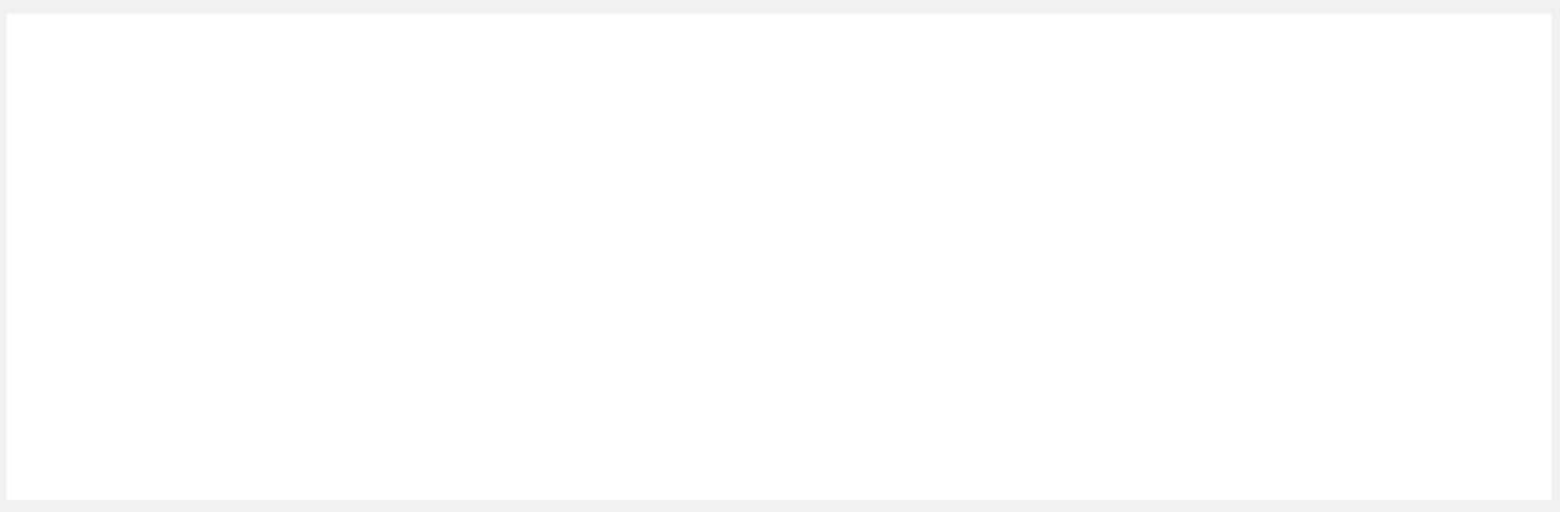
Reflect below on any category with ratings 1-3. What's happened to influence this rating?

Journal Prompts

How am I feeling physically, mentally, and emotionally?

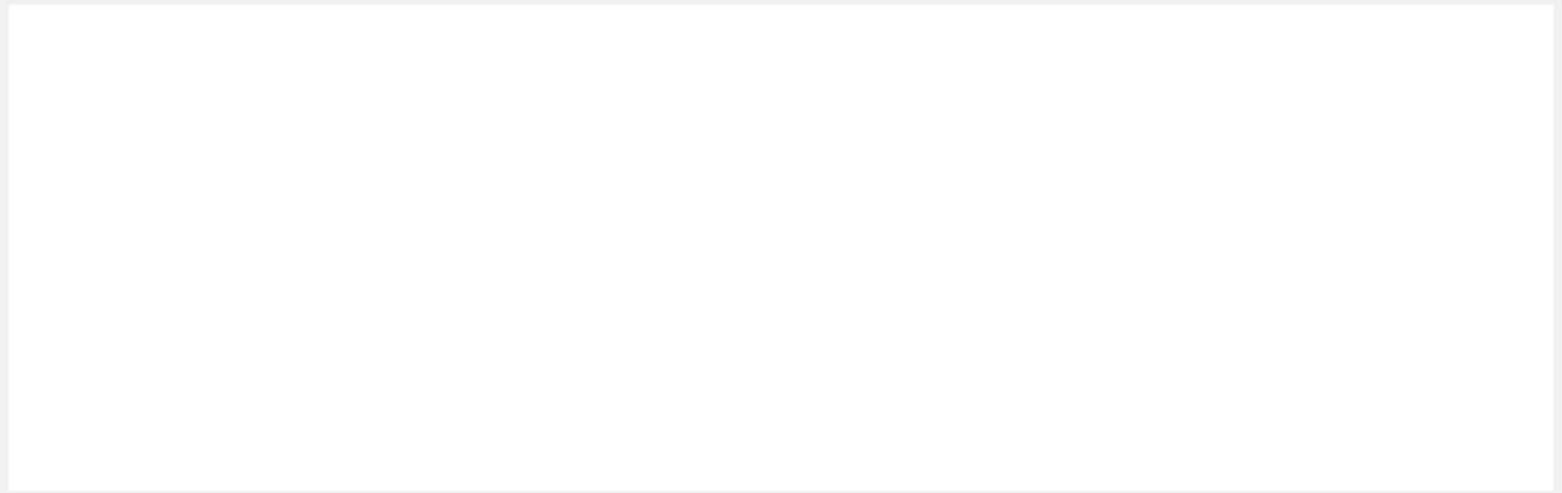


What feels overwhelming? What feels manageable?

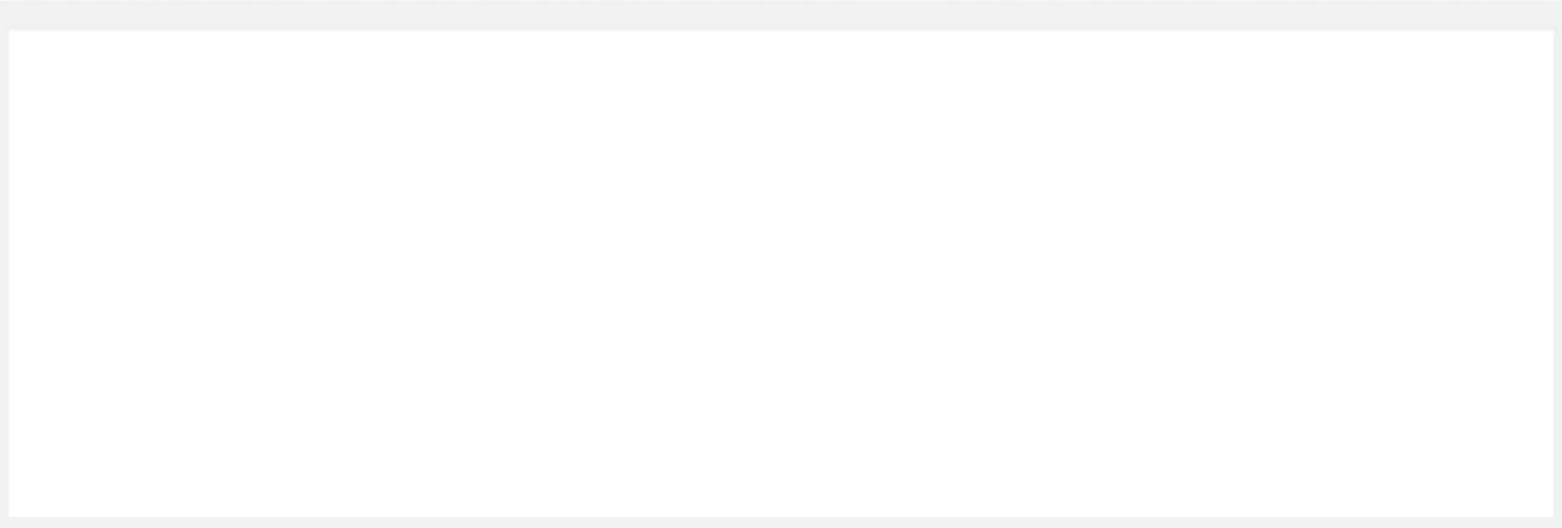


Journal Prompts

What do I want this winter and the entire semester to feel like?



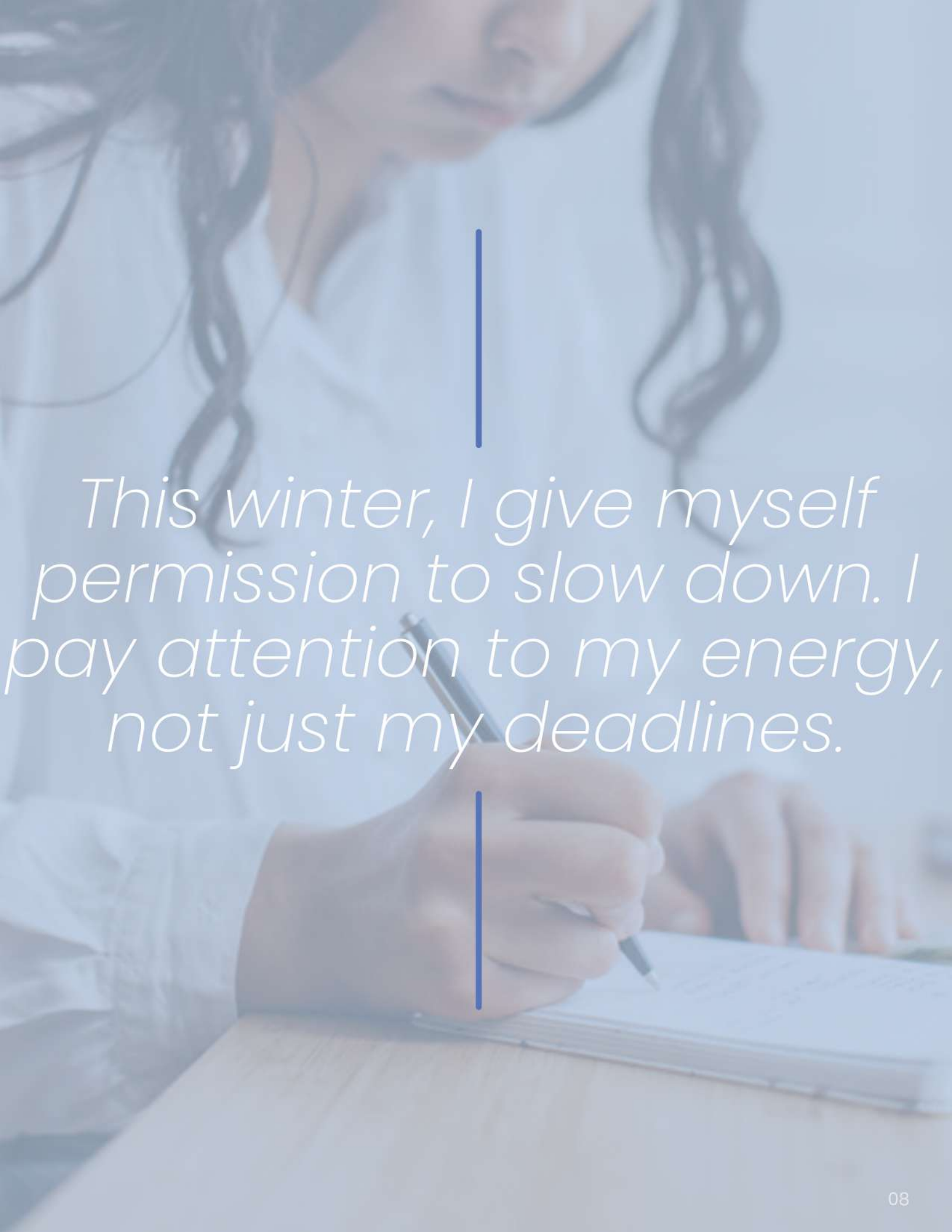
When do I feel most drained during the week?



Journal Prompts

When do I feel most focused or calm?

What habits give me energy? Which take it?

A woman with long dark hair and glasses is sitting at a desk, writing in a notebook with a pen. The image is overlaid with a light blue semi-transparent filter. Two vertical blue lines are positioned above and below the text.

This winter, I give myself permission to slow down. I pay attention to my energy, not just my deadlines.

A woman with long braids is wearing large white headphones and has her eyes closed, appearing to be in a state of relaxation or listening to music. She is holding a white mug. The scene is overlaid with a large teal diamond shape that contains the text. A potted plant is visible in the background.

WEEK 2

Redefining Rest

Week 2 Mood & Energy Check-In

Rate your mood, energy, and stress level from 1 (lowest) to 5 (highest).

Mood (1-5)

1 2 3 4 5

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Energy (1-5)

1 2 3 4 5

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Stress (1-5)

1 2 3 4 5

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Reflect below on any category with ratings 1-3. What's happened to influence this rating?

Journal Prompts

How do I usually rest?

What makes it hard for me to slow down?

Journal Prompts

What does rest look like beyond sleep?

How is my sleep schedule right now?

Journal Prompts

What keeps me up later than I want?

What small habit could improve my sleep?



*Rest supports
my success.*



WEEK 3

Movement for Mental Health

Week 3 Mood & Energy Check-In

Rate your mood, energy, and stress level from 1 (lowest) to 5 (highest).

Mood (1-5)

1 2 3 4 5

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Energy (1-5)

1 2 3 4 5

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Stress (1-5)

1 2 3 4 5

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Reflect below on any category with ratings 1-3. What's happened to influence this rating?

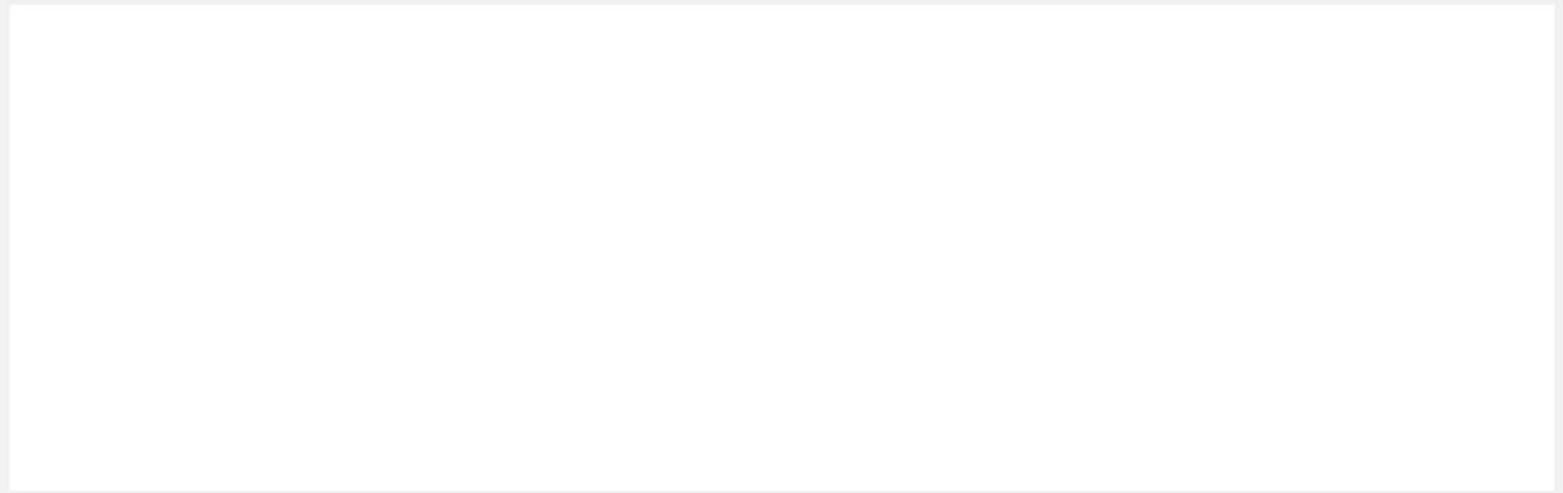
Journal Prompts

How does my body feel when I move?

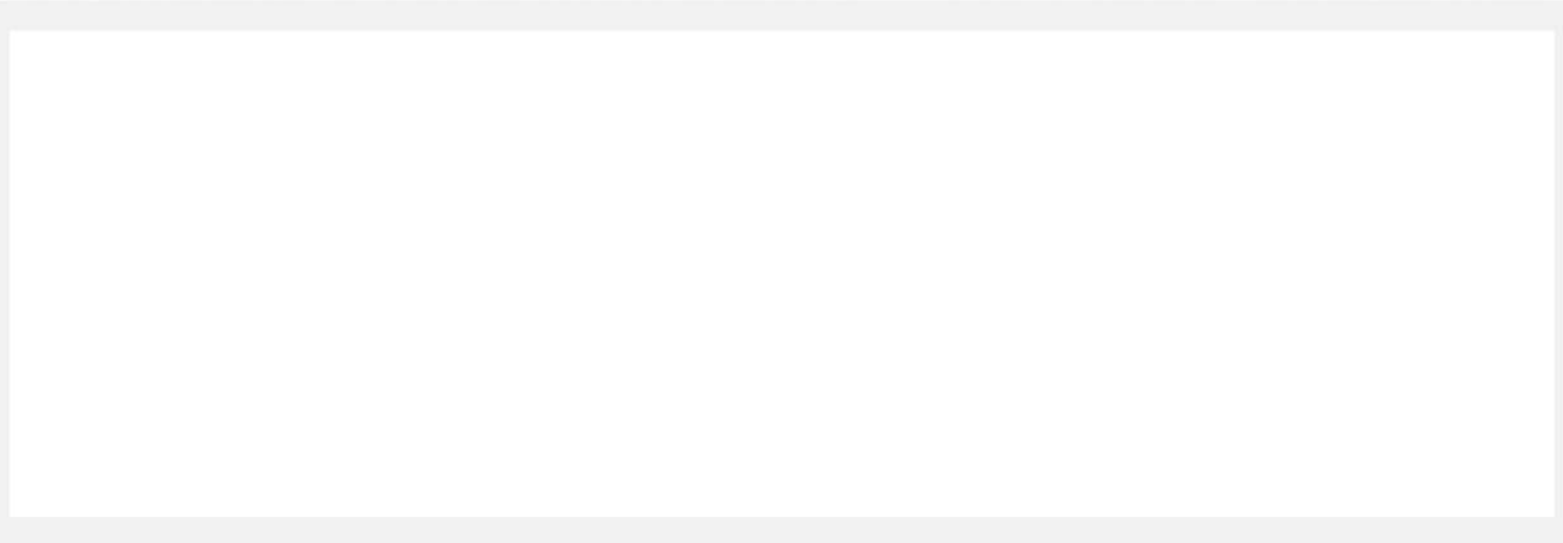
What kind of movement feels doable right now?

Journal Prompts

How does movement affect my stress level?



What has been stressing me out lately?



Journal Prompts

How does stress show up in my body?

What helps me calm down even if just briefly?



I move to feel better, not to perform.

The background image shows a vibrant outdoor food market. In the foreground, there are several clear plastic containers filled with fresh produce, including leafy greens and tomatoes. A woman in a blue tank top is seen from the side, holding a green container. In the middle ground, a woman with braided hair is smiling. To the left, a young man is looking towards the right. The scene is set outdoors with trees and other people in the background. A large, semi-transparent green diamond shape is overlaid on the center of the image, containing the text.

WEEK 4

Nourishment on a Student Budget

Week 4 Mood & Energy Check-In

Rate your mood, energy, and stress level from 1 (lowest) to 5 (highest).

Mood (1-5)

1 2 3 4 5

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Energy (1-5)

1 2 3 4 5

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Stress (1-5)

1 2 3 4 5

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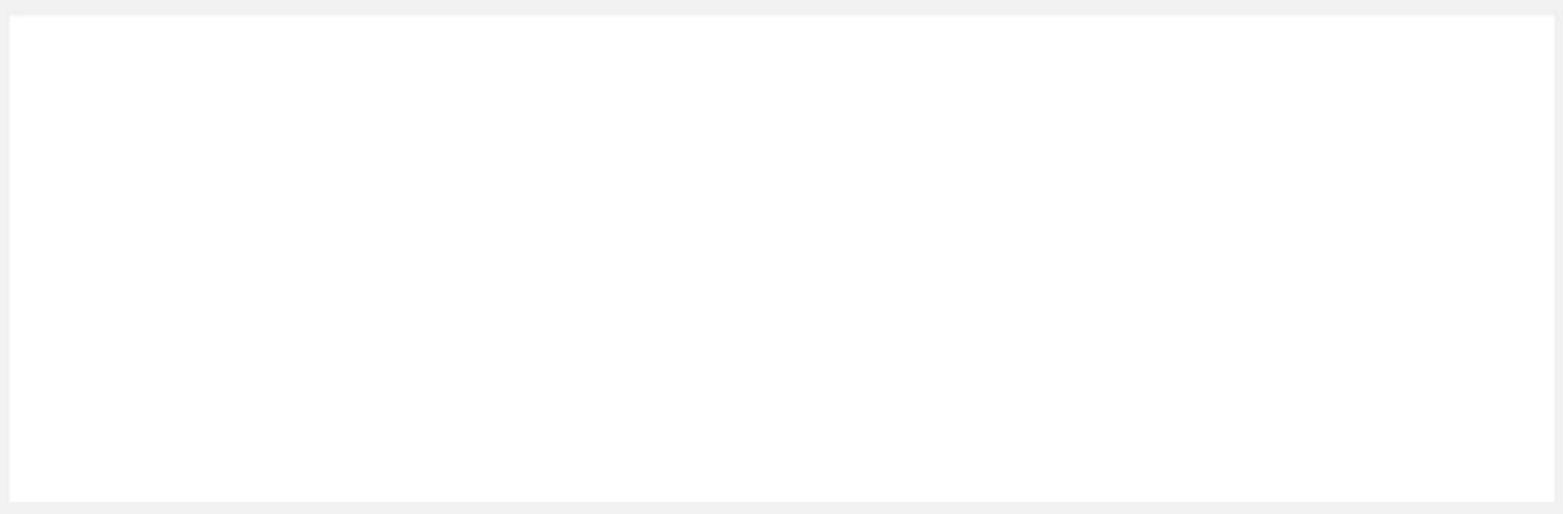
Reflect below on any category with ratings 1-3. What's happened to influence this rating?

Journal Prompts

Am I eating regularly?

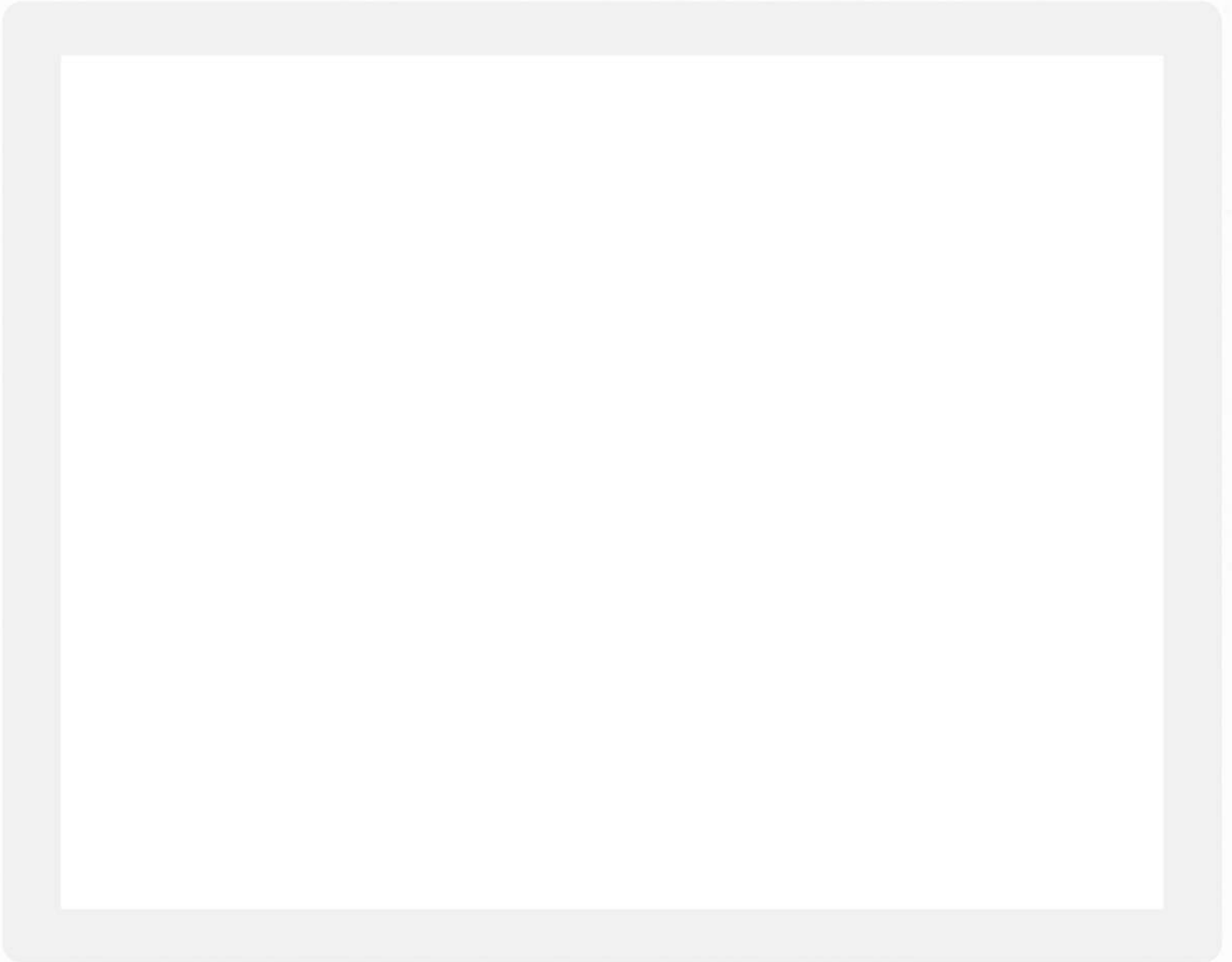


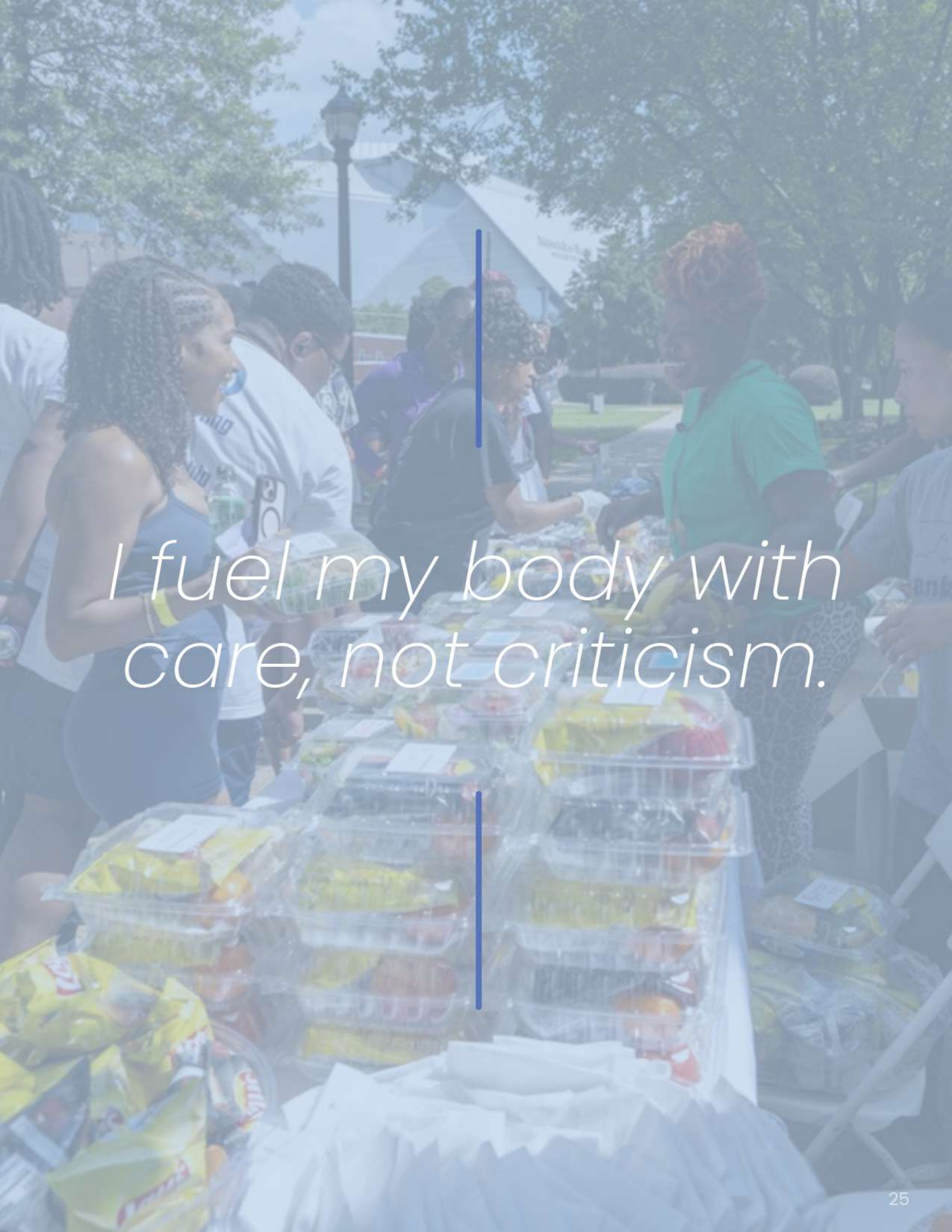
What foods help me feel whole & grounded?



Journal Prompts

How can I nourish myself with what I have?





I fuel my body with care, not criticism.



WEEK 5

Declutter: Revamping Your Room, Circle, & Mind

Week 5 Mood & Energy Check-In

Rate your mood, energy, and stress level from 1 (lowest) to 5 (highest).

Mood (1-5)

1 2 3 4 5

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Energy (1-5)

1 2 3 4 5

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Stress (1-5)

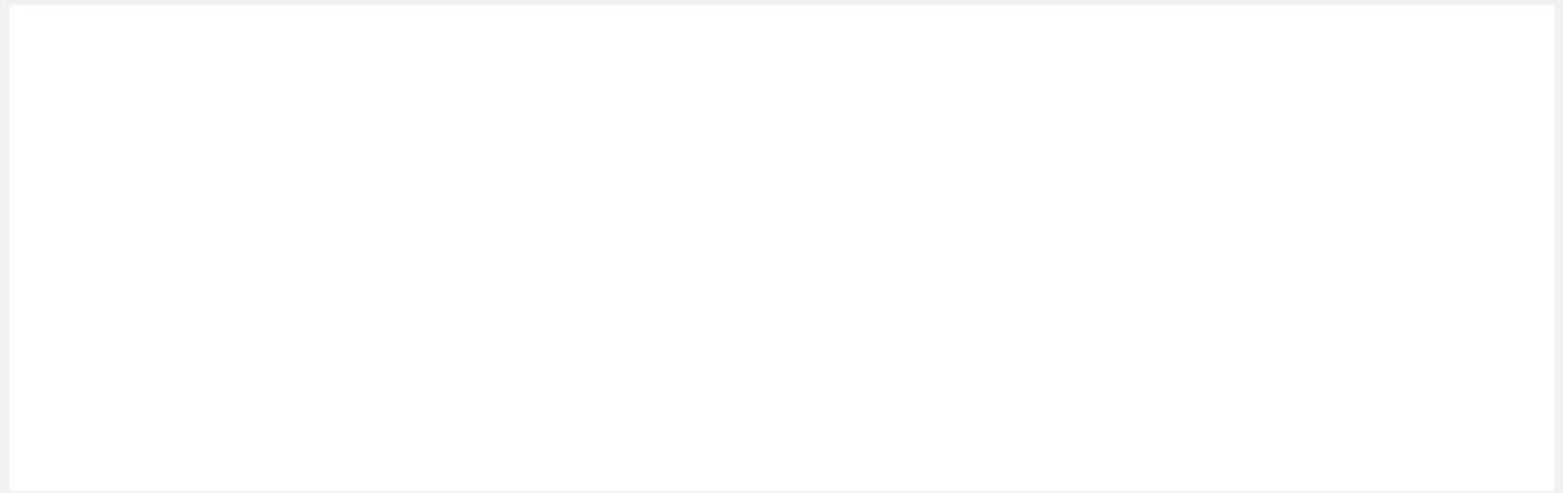
1 2 3 4 5

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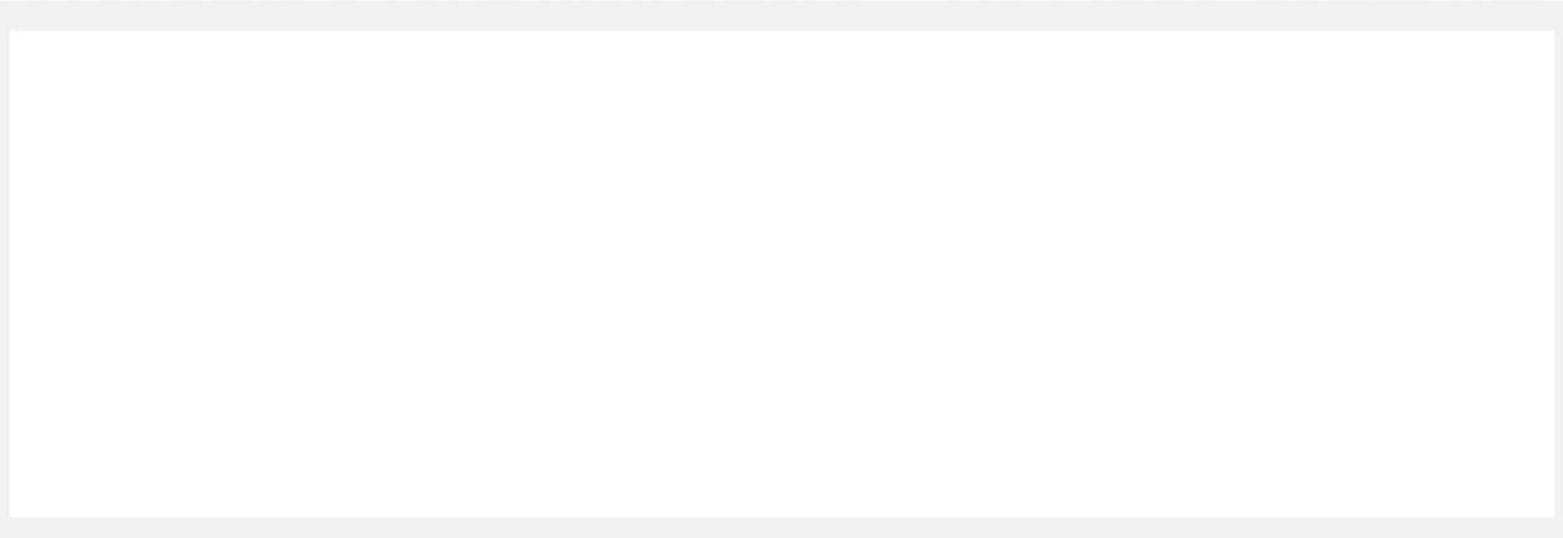
Reflect below on any category with ratings 1-3. What's happened to influence this rating?

Journal Prompts

How does my living or study space make me feel?

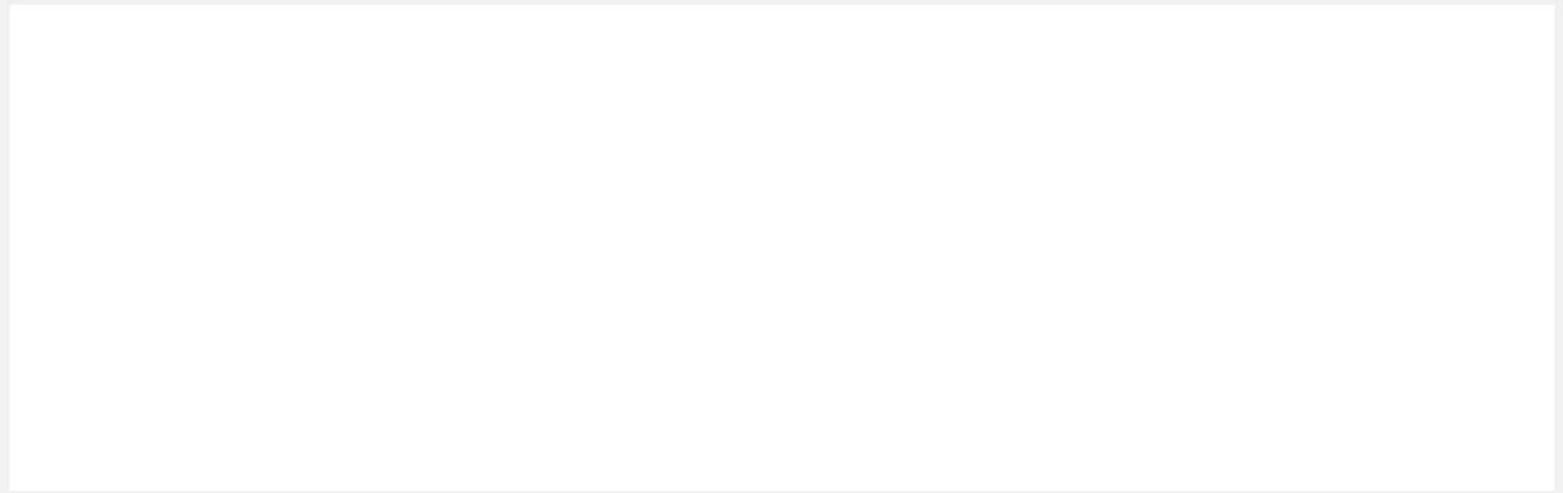


What distracts me most?

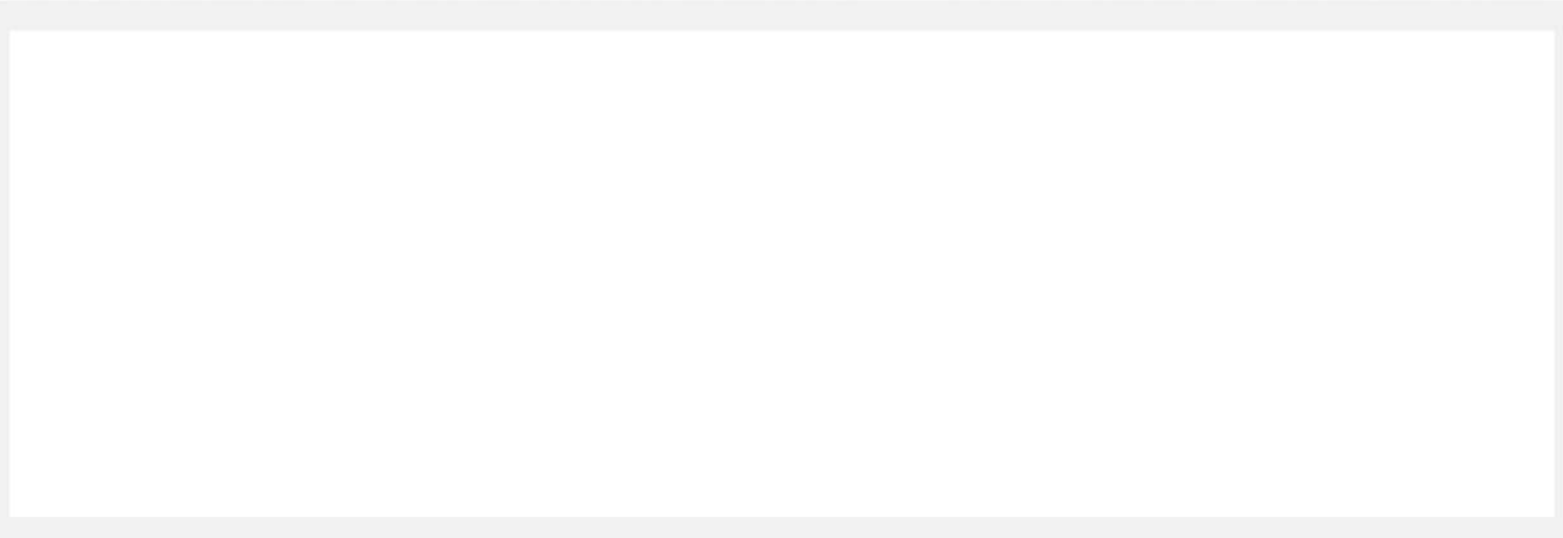


Journal Prompts

What small change could improve my space?



Who makes me feel supported?



Journal Prompts

Where do I need better boundaries?

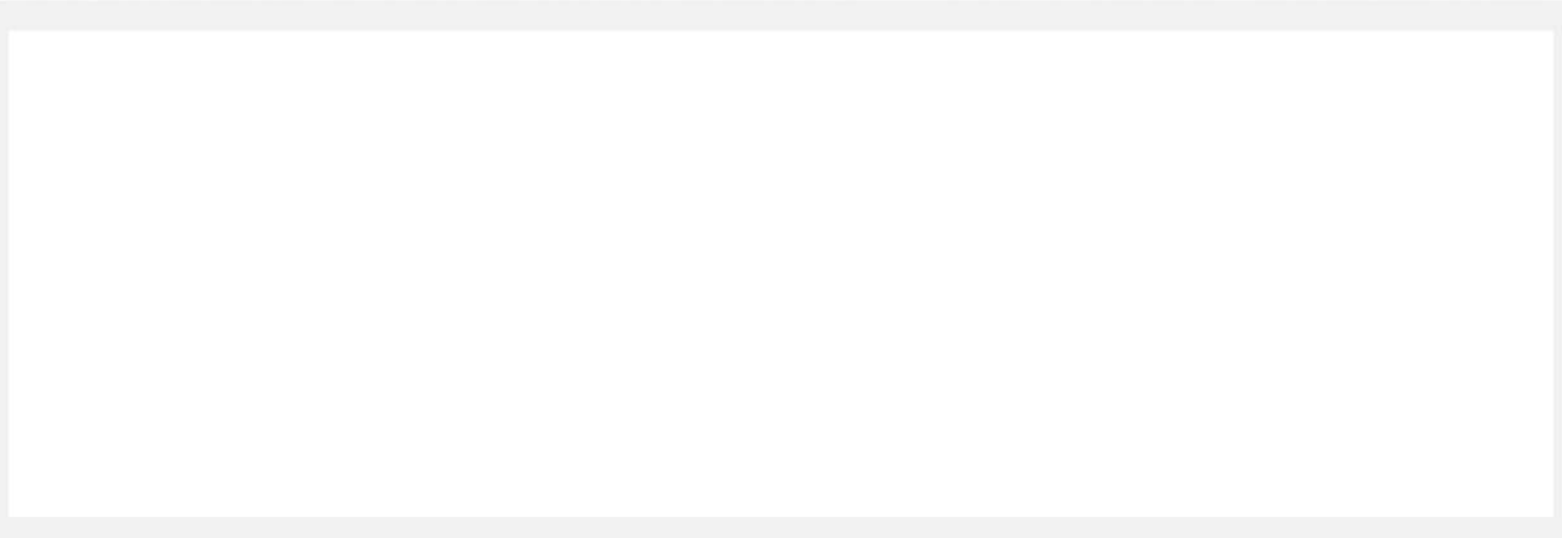
How do I balance alone time & connection?

Journal Prompts

When do I feel most present?

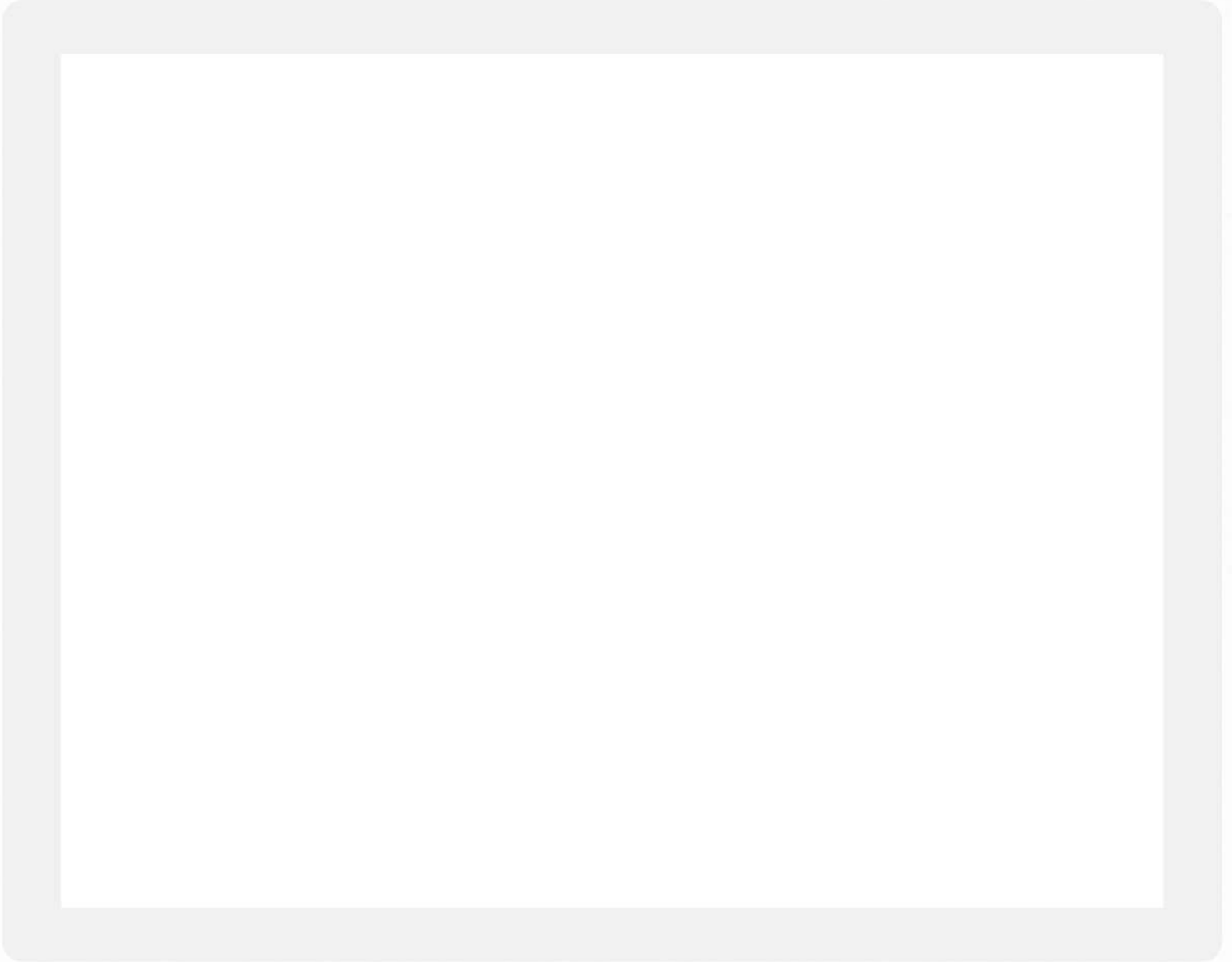


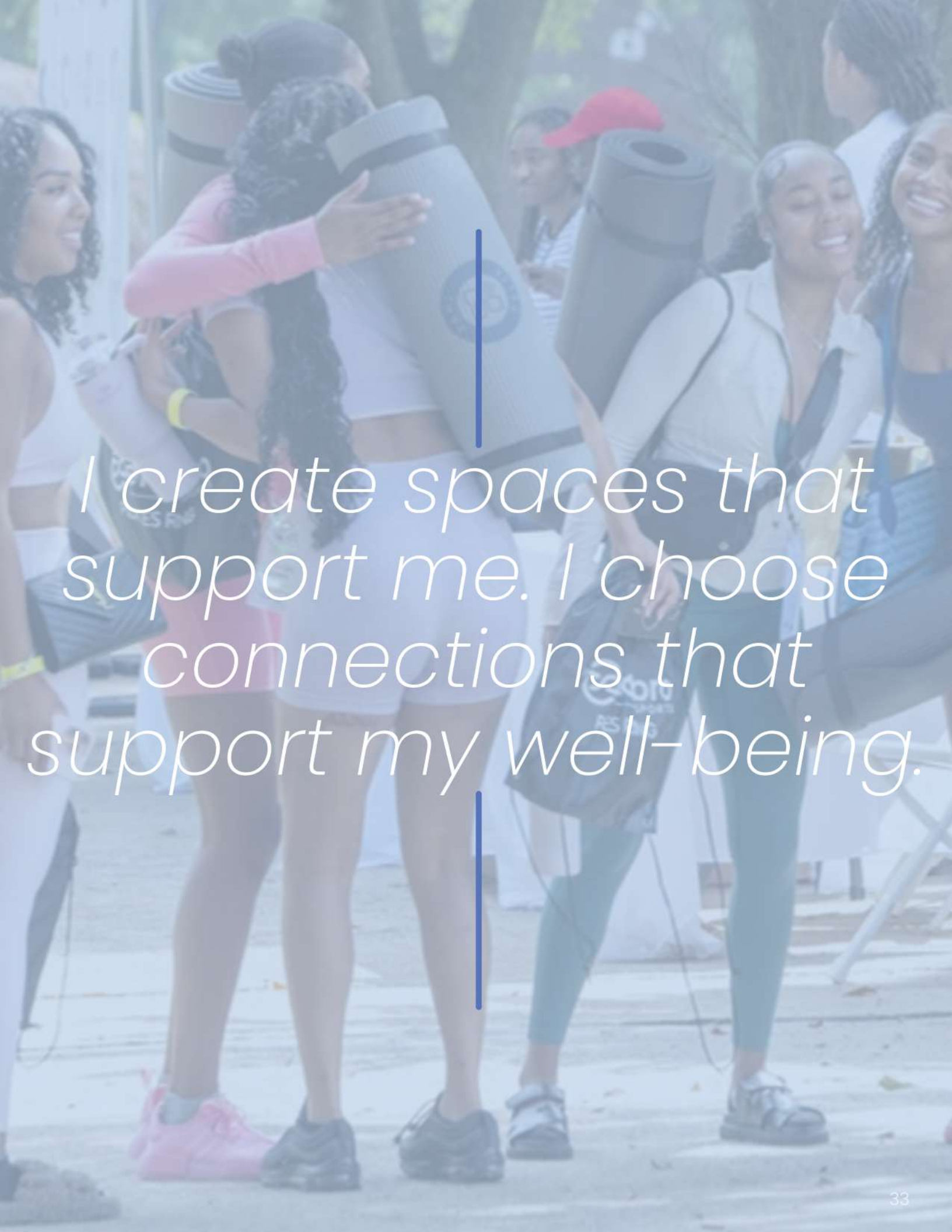
What pulls me out of the moment?



Journal Prompts

How can I build small pauses into my day?





I create spaces that support me. I choose connections that support my well-being.

WEEK 6

Reflection & Preparing for What's Next

Week 6 Mood & Energy Check-In

Rate your mood, energy, and stress level from 1 (lowest) to 5 (highest).

Mood (1-5)

1	2	3	4	5
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Energy (1-5)

1	2	3	4	5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Stress (1-5)

1	2	3	4	5
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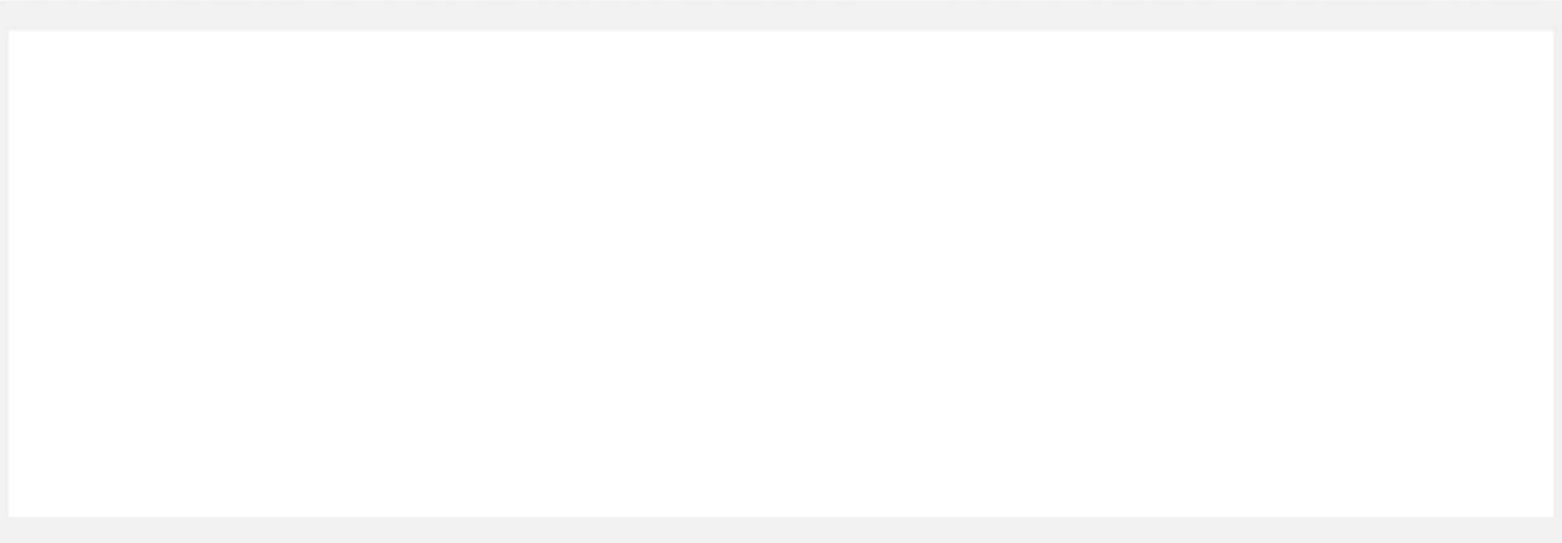
Reflect below on any category with ratings 1-3. What's happened to influence this rating?

Journal Prompts

What feels important to me right now?

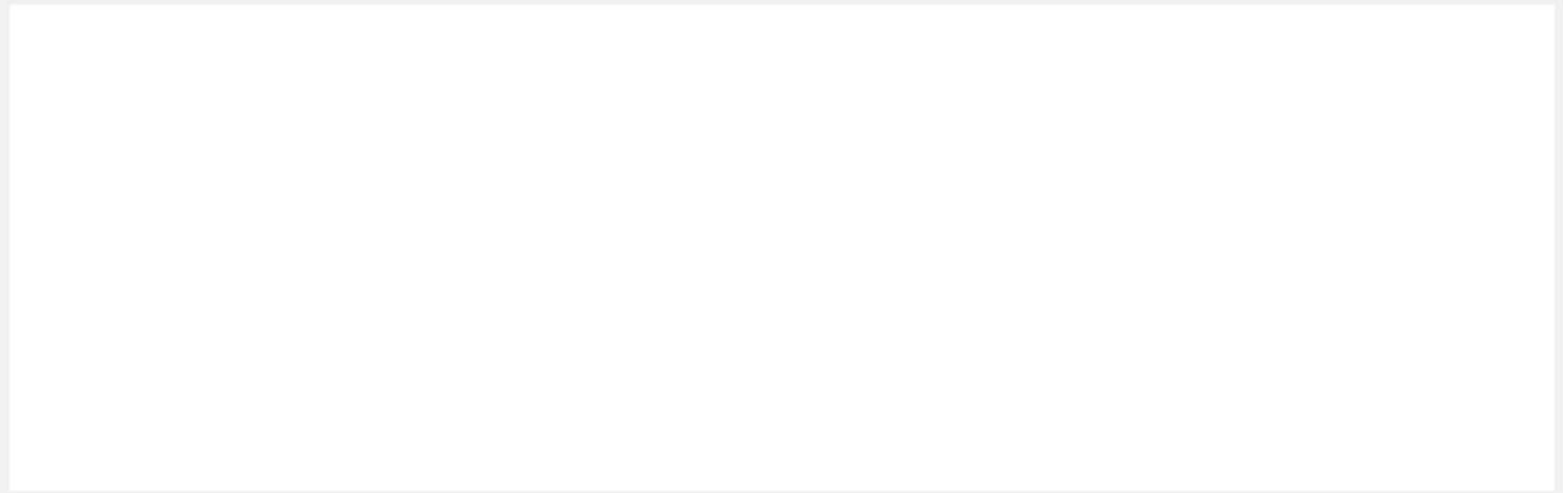


What expectations feel external vs. internal?

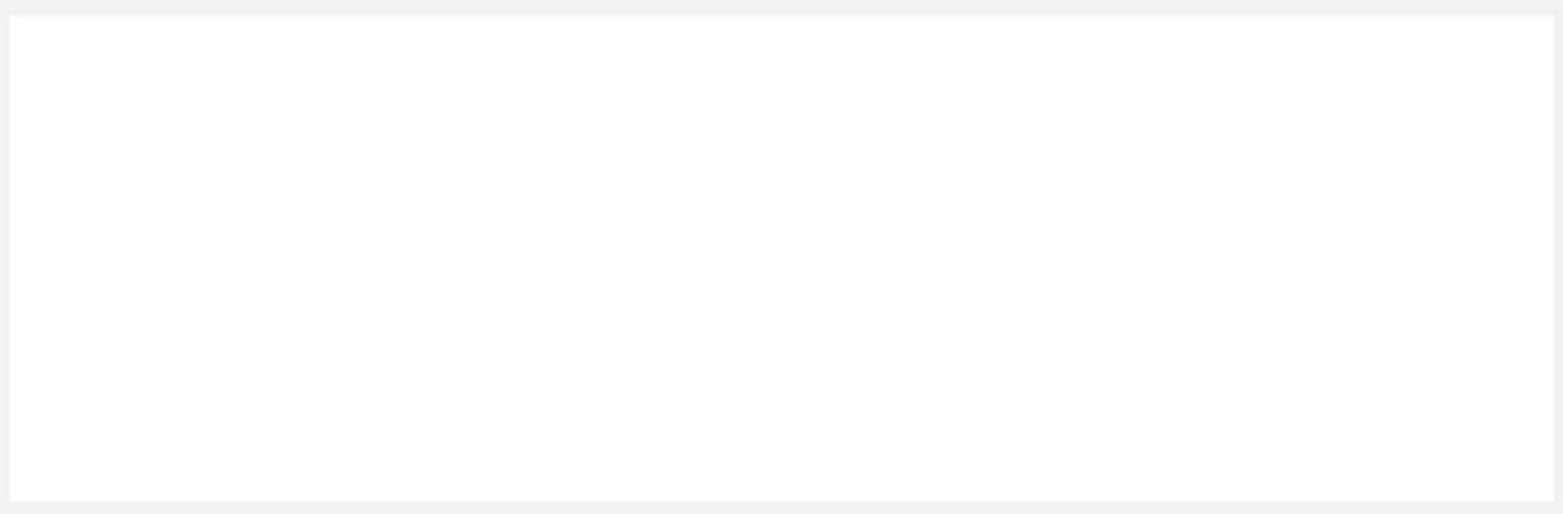


Journal Prompts

What does success mean to me in this season?



What have I learned about myself this winter?



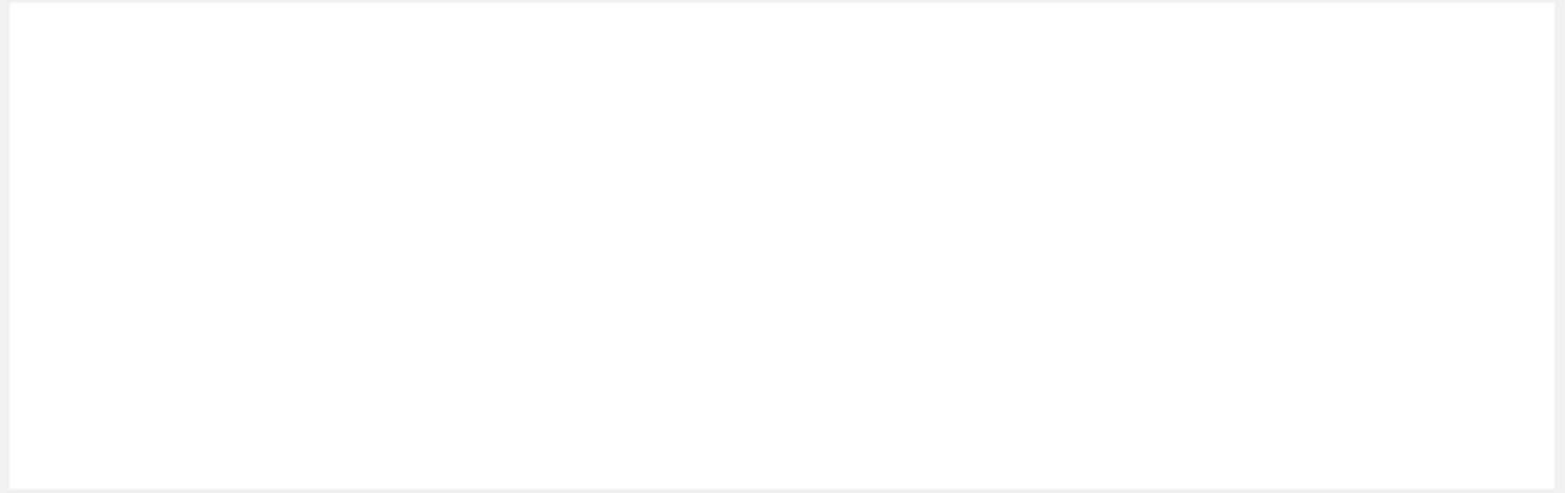
Journal Prompts

What habits do I want to keep?

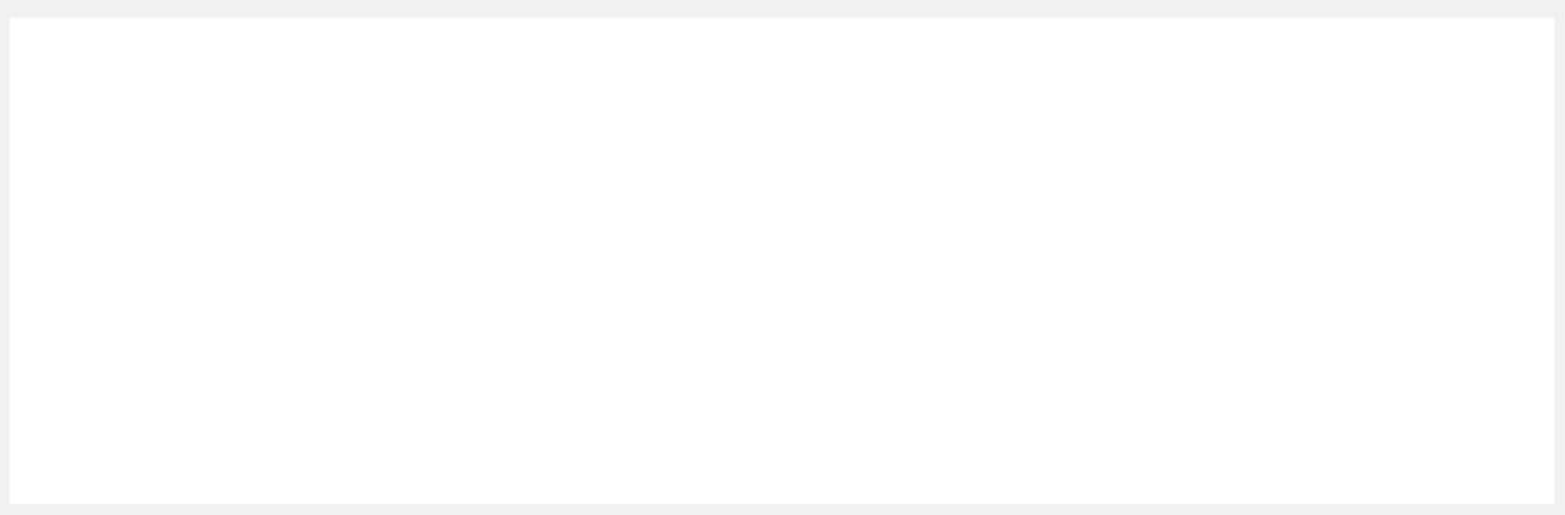
What do I want to release?

Journal Prompts

How has my mindset shifted?

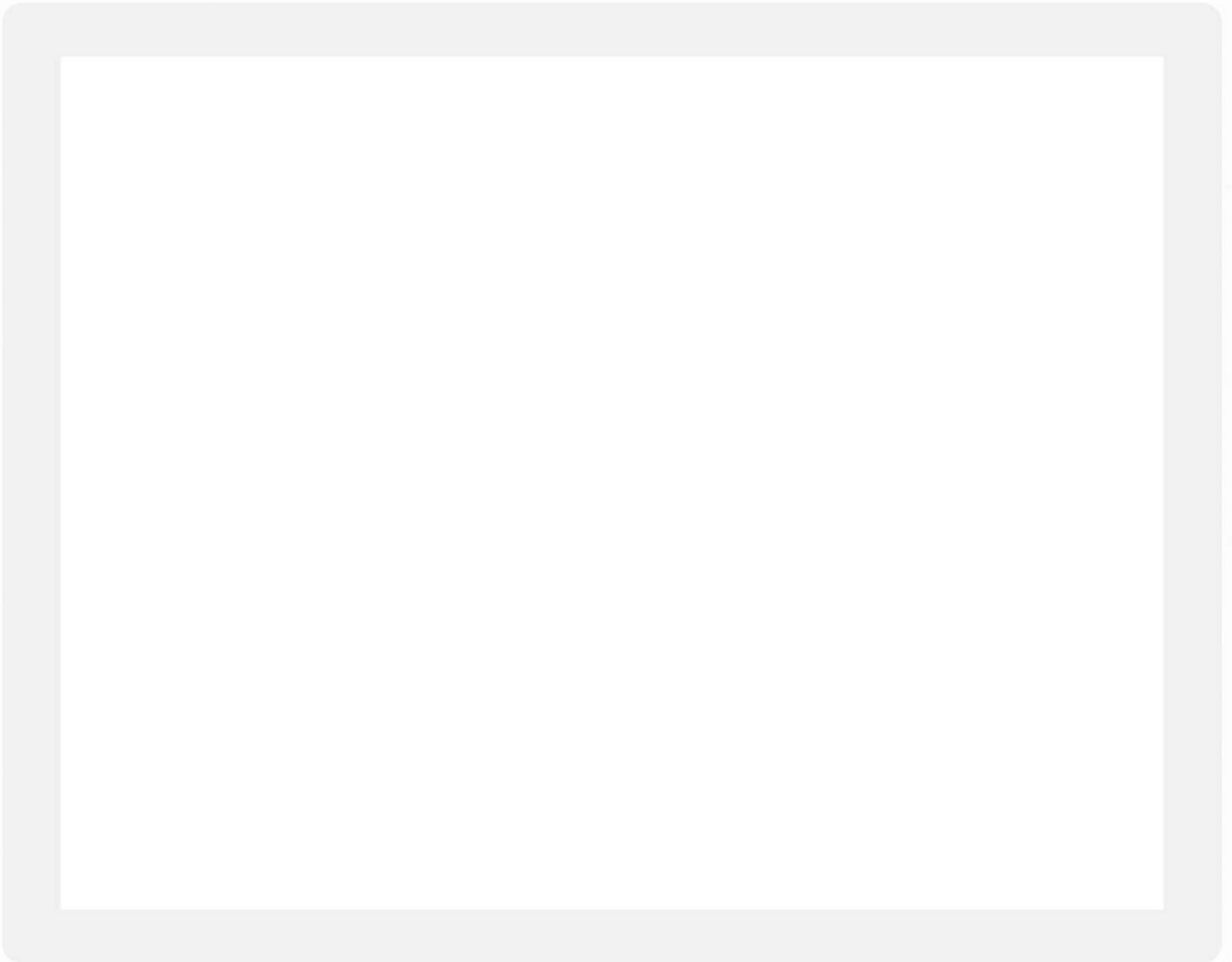


What am I proud of?



Journal Prompts

How will I continue caring for myself throughout the semester?





I define my path at my own pace. I move forward with intention.

STAY CONNECTED!

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