

NOVEMBER 2025

WINTER DOESN'T HAVE
TO DIM YOUR LIGHT

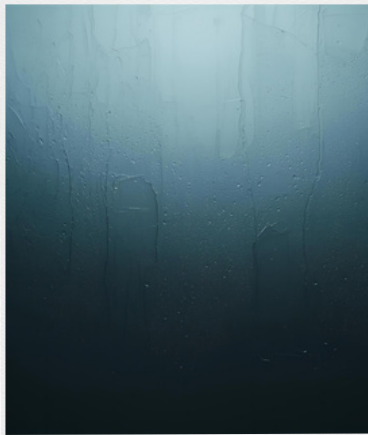
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THE WINTER ENERGY WORKBOOK

YOUR 10-DAY RESET
FOR STEADY
ENERGY, BRIGHTER
MOOD & CELLULAR
STRENGTH

BY HĒRNÚ WELLNESS

LET'S REBUILD YOUR
ENERGY FROM THE
CELLS UP



HOW TO USE THIS WORKBOOK

THIS WORKBOOK IS YOUR GUIDED
COMPANION FOR RESTORING ENERGY,
CLARITY, AND RESILIENCE DURING THE
WINTER MONTHS.

INSIDE, YOU'LL FIND:

- DAILY ENERGISING HABITS
- SIMPLE FOOD + LIFESTYLE UPGRADES
- NERVOUS SYSTEM TOOLS
- REFLECTION PROMPTS
- CHECKLISTS + TRACKERS
- EDUCATION TO HELP YOU UNDERSTAND
WHAT'S HAPPENING INSIDE YOUR CELLS

YOU CAN USE THIS WORKBOOK AS A 10-DAY
RESET OR DIP INTO IT WHENEVER YOUR
ENERGY DROPS.

TIP: PRINT IT OUT OR USE IT DIGITALLY IN
CANVA/GOODNOTES.

WINTER ENERGY 101: WHAT'S ACTUALLY MAKING YOU TIRED?

WINTER TIREDNESS ISN'T "JUST THE WEATHER."

IT'S BIOLOGY.

HERE'S WHAT CHANGES:

1. LESS NATURAL LIGHT = DISRUPTED
CIRCADIAN RHYTHM

THIS AFFECTS CORTISOL TIMING, MELATONIN
PRODUCTION, AND OVERALL MITOCHONDRIAL
SIGNALLING.

2. MORE TIME INDOORS = MORE ARTIFICIAL
LIGHT + LESS MOVEMENT

THIS REDUCES ATP PRODUCTION (YOUR
ENERGY CURRENCY).

3. COLDER TEMPERATURES = MORE
METABOLIC DEMAND

YOUR MITOCHONDRIA WORK HARDER TO KEEP
YOU WARM.

4. COMFORT EATING + HEAVIER MEALS

THIS CAN SLOW DIGESTION AND MAKE
MITOCHONDRIA LESS EFFICIENT.

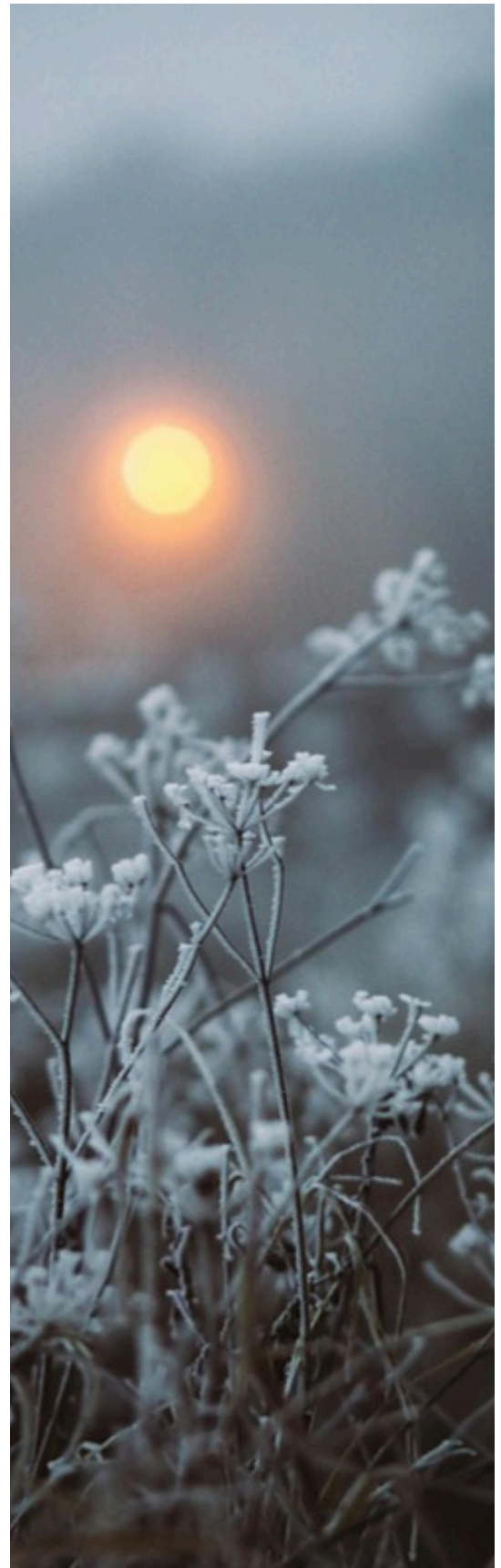
5. INCREASED STRESS + LOW MOOD IN
DARKER MONTHS

THIS BURDENS THE NERVOUS SYSTEM, WHICH
DIRECTLY IMPACTS ENERGY PRODUCTION.

BUT THE GOOD NEWS:

MITOCHONDRIA RESPOND QUICKLY TO
SMALL, CONSISTENT CHANGES.

YOU CAN FEEL BETTER IN AS LITTLE AS 3-5
DAYS.



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THE WINTER ENERGY PILLARS

THESE 5 PILLARS FORM THE
FOUNDATION OF YOUR RESET.
EACH ONE SUPPORTS MITOCHONDRIAL
EFFICIENCY, METABOLIC EASE, AND
MENTAL WELLBEING.

PILLAR 1: LIGHT & CIRCADIAN
ALIGNMENT
MORNING LIGHT, SUNRISE EXPOSURE,
SOFTER EVENINGS.

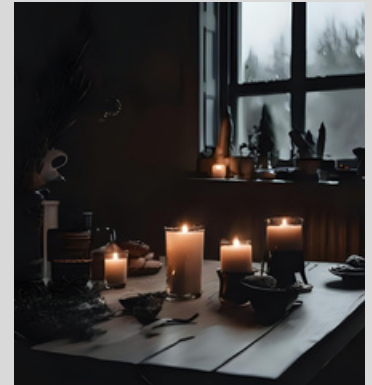
PILLAR 2: WARM, SUPPORTIVE
NUTRITION
WARMING MEALS, BLOOD-SUGAR
BALANCE, ANTIOXIDANT-RICH FOODS.

PILLAR 3: NERVOUS SYSTEM
REGULATION
BREATHWORK, SLOWING DOWN,
STRUCTURED CALM.

PILLAR 4: GENTLE MOVEMENT
SHORT, INTENTIONAL BURSTS TO
INCREASE MITOCHONDRIAL DENSITY.

PILLAR 5: RESTORATIVE SLEEP
A WIND-DOWN ROUTINE, STABLE
SCHEDULE, SLEEP-SUPPORTIVE HABITS.
YOU'LL WORK WITH ALL FIVE PILLARS
OVER THE NEXT 10 DAYS.

YOUR 10-DAY WINTER ENERGY PLAN



USE THIS AS YOUR ROADMAP. YOU'LL REPEAT THESE HABITS EACH DAY WITH ONE FOCUS AREA INTENSIFIED.



DAILY NON-NEGOTIABLES

- 10–20 MINUTES MORNING DAYLIGHT
- HYDRATION: 1.5–2L
- ONE WARMING, NUTRIENT-RICH MEAL
- 10 MINUTES NERVOUS SYSTEM CARE
- 10+ MINUTES MOVEMENT
- WIND DOWN LIGHTS AFTER SUNSET
- CONSISTENT BEDTIME AND WAKE TIME

DAILY FOCUS THEMES

- DAY 1: LIGHT RESET
- DAY 2: NERVOUS SYSTEM CALM
- DAY 3: DIGESTION & WARM FOODS
- DAY 4: GENTLE STRENGTH
- DAY 5: DEEP SLEEP
- DAY 6: HYDRATION & MINERALS
- DAY 7: NATURE EXPOSURE
- DAY 8: MOOD SUPPORT
- DAY 9: METABOLIC EASE
- DAY 10: INTEGRATION & REFLECTION

DAILY TRACKER

DATE: _____

DAILY CHECKLIST

- ☐ MORNING DAYLIGHT
- ☐ HYDRATION: 1.5–2L
- ☐ MOVEMENT
- ☐ NERVOUS SYSTEM CARE (10 MINUTES)
- ☐ ONE WARMING, NOURISHING MEAL
- ☐ REDUCED EVENING LIGHT
- ☐ CONSISTENT BEDTIME

ENERGY LOG (MORNING + EVENING)

MORNING ENERGY (1–10): _____

EVENING ENERGY (1–10): _____

MOOD CHECK-IN

HOW DID YOU FEEL TODAY?

WINS OF THE DAY

WHAT NEEDS ADJUSTING TOMORROW?

WINTER DOESN'T HAVE
TO DIM YOUR LIGHT

THE SCIENCE OF ENERGY (SIMPLE + ACCESSIBLE)

WHAT ARE MITOCHONDRIA?

TINY ORGANELLES INSIDE YOUR CELLS THAT TURN OXYGEN + NUTRIENTS INTO
ATP (ENERGY).

WHY WINTER AFFECTS THEM:

- LOWER LIGHT = DISRUPTED CELLULAR SIGNALLING
- COLD = HIGHER ENERGY DEMAND
- HIGHER STRESS = REDUCED MITOCHONDRIAL EFFICIENCY
- POOR SLEEP = IMPAIRED REPAIR AND REGENERATION
- HEAVY WINTER MEALS = SLOWER METABOLIC PROCESSING

HOW TO SUPPORT THEM:

- MORNING LIGHT
- ANTIOXIDANTS
- MOVEMENT
- NERVOUS SYSTEM CALM
- WARM, EASY-TO-DIGEST MEALS
- CONSISTENT SLEEP
- NO SCREENS BEFORE BED

THIS WORKBOOK PUTS THEM ALL TOGETHER.



NERVOUS SYSTEM RESET TOOLS

BOX BREATHING (4-4-4-4)

INHALE 4
HOLD 4
EXHALE 4
HOLD 4
REPEAT 6-10 CYCLES.

HAND-ON-HEART DOWNSHIFT

PLACE YOUR HAND ON YOUR STERNUM.
TAKE 5 SLOW BREATHS.
FOCUS ON THE FEELING OF WARMTH AND WEIGHT.

EVENING DOWNSHIFT PROTOCOL

- DIM LIGHTS
- WARM HERBAL TEA
- MAGNESIUM (IF APPROPRIATE)
- NO SCREENS LAST HOUR
- STRETCH OR LIGHT READING

THESE SIMPLE PRACTICES REDUCE ENERGY LEAKAGE.

WARM NOURISHMENT GUIDE

WINTER IS THE SEASON FOR MEALS THAT WARM,
GROUND AND STABILISE YOU



WINTER BREAKFAST IDEAS

WARM OATS WITH CINNAMON + CHIA SEEDS
EGGS + WILTED SPINACH
GINGER CHAI + WHOLEGRAIN TOAST + TAHINI

WINTER LUNCH IDEAS

LENTIL SOUP
ROASTED ROOT VEGETABLES + AVOCADO
BEETROOT + CITRUS SALAD

WINTER EVENING MEALS

SLOW-COOKER STEWS
SWEET POTATO + KALE BOWLS
WARMING BROTH-BASED SOUPS

WINTER ENERGY DRINKS

CHAGA TEA
HERBAL CHAI
GINGER-TURMERIC TONIC

WARM FOODS = MITOCHONDRIAL EASE.

SLEEP RESTORATION WORKSHEET

MY IDEAL EVENING ROUTINE
(WRITE YOURS BELOW)

WHAT HELPS ME SLEEP DEEPLY:

- ☐ WARM BATH
- ☐ MAGNESIUM
- ☐ HERBAL TEA
- ☐ NO SCREENS
- ☐ READING
- ☐ STRETCHING
- ☐ DIM LIGHTING

WHAT INTERRUPTS MY SLEEP:

WHAT I WILL COMMIT TO THIS
WEEK:

CLOSING REFLECTION

YOU'VE NOW COMPLETED THE WINTER
ENERGY RESET.

TAKE A MOMENT TO REFLECT ON:

WHAT HAS SHIFTED IN YOUR BODY?

WHAT HAS SHIFTED IN YOUR MOOD OR
MINDSET?

WHICH HABITS DO YOU WANT TO CONTINUE
INTO THE REST OF WINTER?

YOUR ENERGY SCORE BEFORE VS. AFTER

WINTER WILL ALWAYS BE DARK — BUT YOU
DON'T HAVE TO BE.

YOUR ENERGY IS SOMETHING YOU CAN
REBUILD, NURTURE, AND PROTECT.

HĒRNÚ WELLNESS



HELPFUL TOOLS & PRODUCT RECOMMENDATIONS

LUMIE - LIGHT THERAPY LAMP (SAD LAMP)

SUPPORTS CIRCADIAN RHYTHM, BOOSTS MORNING ALERTNESS, AND HELPS REGULATE SEASONAL LOW MOOD.

LUMIE - SUNRISE ALARM CLOCK

HELPS YOU WAKE UP GRADUALLY WITH LIGHT INSTEAD OF ABRUPT SOUND, SUPPORTING CORTISOL RHYTHM.

BLUE-LIGHT-BLOCKING GLASSES

REDUCES EVENING SCREEN-TRIGGERED MELATONIN DISRUPTION FOR DEEPER SLEEP.

MAGNESIUM GLYCINATE

SUPPORTS MITOCHONDRIAL ENERGY PRODUCTION, STRESS REGULATION, AND SLEEP QUALITY.

VITAMIN D3 + K2

ESSENTIAL FOR IMMUNE FUNCTION, MOOD REGULATION, AND WINTER ENERGY METABOLISM.

OMEGA-3 (ALGAE-BASED)

SUPPORTS MITOCHONDRIAL MEMBRANES, BRAIN FUNCTION, AND INFLAMMATION BALANCE.

COQ10 OR UBIQUINOL

KEY MITOCHONDRIAL NUTRIENT ESSENTIAL FOR ATP ENERGY PRODUCTION.

GROUNDING MAT / EARTHING SHEET

HELPS REGULATE THE NERVOUS SYSTEM, LOWER STRESS, AND IMPROVE SLEEP QUALITY.

INFRARED HEATING PAD / MINI INFRARED MAT

ENCOURAGES CIRCULATION, REDUCES MUSCLE TENSION, AND SUPPORTS CELLULAR ENERGY.

RED/NEAR-INFRARED LIGHT PANEL

STIMULATES MITOCHONDRIAL FUNCTION AND BOOSTS WINTER ENERGY LEVELS.

Disclaimer:

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