

The background is a deep teal color. It is decorated with numerous snowflakes of various sizes and colors, including white, light blue, and gold. There are also many small, shimmering gold dots scattered across the surface, creating a festive, wintry atmosphere. The text is centered in the upper half of the image.

THE THREAD OF WINTER
A REFLECTIVE BOOK 1

Sanna Katariina

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Disclaimer

This book is not intended as professional mental health or medical advice. It is based on personal reflection and empathetic experience. If you need support, please reach out to a qualified practitioner or counselor.

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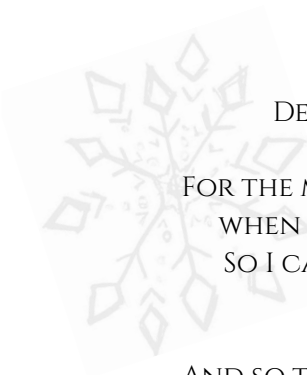
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THE THREAD OF SEASONS · BOOK I

WINTER · SPRING · SUMMER · AUTUMN





DEDICATED TO:

FOR THE MIRROR IMAGE I SEE
WHEN I CLOSE MY EYES.
SO I CAN BECOME HER.

AND SO THAT YOU CAN, TOO.

Sanna Katariina

Once upon a topaz blue sky...

The color clear and calming, meant to freshen and clean.

But it can signal either renewal or coldness regarding how we process it from our soul. Our memories shape our emotions and perceptions. It's important to realize, we can always relearn by releasing and letting go.

Winter starts the journey as its silence gives a glimpse of calmness and security, building up towards the more aliveness of the rest of the year.

On these pages we retreat to rest and nurture. As winter is supposed to prepare us for the upcoming spring season, where we start to bloom with rising light and sprouting flowers.

Every single page of this tiny book is written with love and care. It's a continuation for the earlier book called *Fairy Thread*, a gentle tale for children to hold. The *Thread of Winter*, which you are holding right now, is here to remind us that we belong here, even when seasons feel cold and silent.

We can translate the “winter” only seasonally if that’s what’s needed, but also emotionally into the heart’s language. That can mean any ending or pause in life, the method stays the same.

Let the white canvas of snow show us that we have always been chosen to be right here. There are subtle signs everywhere, we just have to learn to recognize them clearly enough to let them guide us. When the world is dark, we intentionally bring in the light by fairy lights, candles, fireplaces and music. Animals retreat to their homes and hibernate, naturally as it’s meant to be.

Pause, and feel everything. The seasonal scents of cinnamon, cardamom, hot chocolate. Laughter for the holiday season, connect to it even without participating. Decide to look for the beauty. Notice the dancing snowflakes surrounding us like glimmering fairy dust, landing on our shoulders, whispering:

“You are not alone.”

HOW TO SURVIVE WINTER

It took me so many years to realize that my dislike for winter was in fact disconnection. I didn't see or feel the beauty of it. I put all my focus on the cold, wet and dark.

But as I worked on this, along many other things, I learned to direct my gaze to the parts I can connect. The sparkling fairy lights that erase the darkness, glimmering snow that makes the world quiet and the energy of rest and renewal.

Just like us, the nature needs a pause.

Yes, I still don't enjoy the cold but I try consciously flow into the parts I do like. Hopefully you'll find a way on these pages too.

First thing while preparing for the winter is creating a cozy, comfortable and warm living aesthetic.

That means home decoration, added softness in the form of fluffy blankets in every room, pillows, fairy light and a pair of warm socks waiting in every room.

See, this can be fun! What a great excuse to change the colour of the curtains, even rugs and yearly edition of hats and scarves (which will get lost anyway before the next winter like unpaired socks).

And last part for home stocking is kitchen. Winter Mandatory includes dried herbs for daily teas, cinnamon, cardamom, chocolate and couple of the cutest cups that you feel like holding on for hours through winter.

Those who are into crafts can create a comforting vision board that reminds of the mood you are wishing to welcome.

My style is to have a beautiful calendar or a journal, which is why I created this one.

And let's be real, every season has their mood, energy and theme so it's emotionally too heavy to carry them all at once.

I got you there, this time each season starts fresh.

The next part to enjoy winter to the fullest is self-care.

This is the time to intentionally focus on this part; it sets the foundation for the rest of the year.

I don't mean the "facials & scrubs" but to actually spend time with yourself. Pick up new or your favourite products, lotions, haircare and tools. And do it with real intention, like you would do it for someone else. Gently, slowly and with love.

At least every week, have a slow day or evening. Do your ritual of self-care, treat yourself something you enjoy, and just be.

Perfect moment for audiobooks, podcasts, music or reading. Slow down as much as possible, don't multitask.

This way I have learned to notice my body. If I rush, my breathing becomes shallow and hurried. A gentle reminder to me that the pace is too much.

That said, also keep in mind not to stress over it if sometimes life gets in the way. It's not failure and happens to us all.

Accept it first to let your body know it's still safe and then flow forward.

Just get back on the consistency of your promise to yourself.

Connection over perfection. Choose to connect with the current circumstance rather than seek perfection, it doesn't exist.

When you feel overwhelmed, unplug for a moment, mix yourself a cup of comforting and warm cup of tea. And just be with yourself.

We need a little heavier reminder as adults until we learn the pace, but it's pretty much the same as when a child is overwhelmed.

They just need to be held for a moment. So hold yourself like your life depends on it, because it does.

Next is one of my favourite parts. I do it all year round, but the winter energy is more clearing so the objects vary.

This means the reflection objects, something to bring you comfort and rewind your mind to the right mood.



This little soulful book
is inspired by the deep reflection
of overcoming coldness
and finding the beauty in winter.

Variety of meaningful pages,
that guide you towards connection
and belonging.

Part 1 of the seasonal series



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