


SELF-CARE ADVENT CALENDAR 2023

1 
Write down 3 things you are looking forward to in December

2
It's Saturday – go on a winter walk

3 Make a Christmas decoration


4 Try snowflake breathing


5 Make time to catch up with a friend


6 Write a Christmas card for someone


7 Listen to your favourite (Christmas) song


8 
Try hot chocolate breathing


9 Bake or cook something yummy


10 Plan a fun or relaxing activity with friends and family

11 Write down 3 things you are proud of this year


12 Switch off from social media and take time to chill

13 Do something creative like baking, drawing, or photography

14 Have a 'clear the clutter' day and donate what you no longer need to charity


15 Do something nice to celebrate the Christmas holidays

16 Treat yourself to a hot chocolate



17 Have a rest and relaxation day


18 Do a secret act of kindness for someone

19 If you are able, donate food to your local food bank


20 Create a gratitude jar

21 Try a Headspace meditation (they're on Youtube and Spotify!)

22 Take time to talk through or write down any worries


23 Do something nice for yourself

24 Movie Marathon – watch Christmas movies


25 
Happy Holidays
Enjoy your day with family or friends!

