

SELF-CARE ADVENT CALENDAR

1 Write down three things that made you smile today.



2 Try a 1-minute breathing exercise (inhale for 4, exhale for 4).

3 Do one small act of kindness for someone.



4 Make a festive or fun-themed drawing.



5 Create a "calm playlist" with your favourite songs.

6 Draw or doodle how you're feeling.



7 Send a message or note to someone you care about.

8 Try a new craft (paper snowflakes, bracelets, origami).

9 Do a simple stretch or short movement break.

10 Share one thing you're proud of with someone you trust.

11 Make a list of people who make you feel safe and supported.

12 Make a jar of positive reminders for future you.



13 Have a screen-free 10 minutes and do something relaxing.

14 Give a genuine compliment to a friend or family member.

15 Try a 2-minute grounding exercise (5-4-3-2-1).

16 Bake or decorate a biscuit/cookie.



17 Create a "things I love" collage.



18 Spend 10 minutes playing a game or activity you enjoy.

19 Say something kind to yourself in the mirror.



20 Wrap up warm and go for a short walk or notice things in nature.

21 Make a list of things you're looking forward to next year.



22 Celebrate yourself - do something that makes you feel good today.

23 Choose one thing to let go of before the new year.



24 Do something cosy - wrap up in a blanket and watch your favourite film.

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*Happy
Holidays*

Enjoy your day with family or friends!