



## Self-Care Advent Calendar

*Many of us will have opened the first window of an Advent Calendar this morning to reveal a picture and/or small treat! But how about trying out this 'Self-Care Advent Calendar' over the next 24 days?*

- 1 Have an early night and wake up feeling refreshed!
- 2 Make yourself a luxury hot chocolate and relax.
- 3 Go for a walk and enjoy the beauty of nature.
- 4 Call a friend you haven't spoken to for a while.
- 5 Sit back, relax and read your favourite book.
- 6 Put on some fluffy PJs and watch a Christmas film.
- 7 Fill a bird feeder near a window and look for a Christmas robin.
- 8 Relax in a hot bubble bath.
- 9 Do some exercise – even if it is just running up the stairs.
- 10 Invite some friends round to play a board game.
- 11 Spend an hour doing something creative.
- 12 Buy a new decoration for your Christmas tree.
- 13 Plan/book a weekend away for next year.
- 14 Write down three things that make you happy.
- 15 Light a scented candle or essential oil burner.
- 16 Watch your favourite comedian and laugh out loud.
- 17 Arrange to meet up with an old friend in the New Year.
- 18 Write down your greatest achievement from the last year.
- 19 Cook a delicious meal from scratch.
- 20 Declutter your bedroom so that it is a relaxing space.
- 21 Turn off all electric devices for one hour.
- 22 Put all work in a cupboard and forget it for an hour.
- 23 Dance around to your favourite Christmas music.
- 24 Spend quality time with your loved ones!

