



# Self-Care Advent Calendar

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 that 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 your favourite Christmas film.

7

Fill a bird feeder and place it near a window. Look out for a Christmas robin!

8

Relax in a hot bubble bath.

9

Do some exercise, even if it is just running up and down the stairs!

10

Invite some friends round to play your favourite board game.

11

Spend an hour doing something creative like painting or sewing.

12

Buy a new Christmas decoration for your Christmas tree.

13

Book yourself a weekend away for next year – something to look forward to!

14

Write down three things that make you happy and stick them on the wall.

15

Light a scented candle or an essential oil burner.

16

Watch your favourite comedian – someone that makes you laugh out loud!

17

Arrange to meet up with an old friend in the New Year.

18

Write down your greatest achievement from the past year. Stick it on the wall!

19

Cook a delicious meal from scratch using your favourite ingredients.

20

Declutter your bedroom. It should be a place to relax and unwind!

21

Turn off your phone, computer and any other electronic gadgets for an hour or so.

22

Hide all your work in a cupboard and forget about it for a while.

23

Dance around the room listening to your favourite Christmas music.

24

Spend quality time with your loved ones. Have a great Christmas!



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