

Self Care ADVENT CALENDAR

A Daily 20 Minute Dose of Me-Time

1 BREATHE.
Find a comfy position, close your eyes & concentrate on your breathing.

2 THINK ABOUT YOUR CHRISTMAS.
Write down 3 things YOU want to do this holiday season.

3 TAKE A STROLL.
Wrap up warm & step outside. Take time to look around as you walk.

4 DECLUTTER.
Choose just one drawer or cupboard to sort.

5 LISTEN TO NATURE.
Head outside or find nature sounds online. Pause & listen.

6 WRITE A LETTER.
Send a letter or card to someone you've been meaning to reach.

7 SIP A HERBAL TEA.
Savour the warmth of the cup in your hands.

8 CUDDLE WITH A LOVED ONE.
Snuggle under a soft blanket with someone you love.

9 READ.
Read your book, a magazine, or Christmas cards you've received.

10 STRETCH.
Slowly & gently ease out your muscles & relax your body.

11 WRITE DOWN 5 POSITIVE THOUGHTS.
Hang them somewhere you'll read them often.

12 SHARE THE KINDNESS.
Feel empowered doing a good deed for someone else.

13 EXERCISE.
Get your heart pumping, clear your mind, and release some endorphins.

14 LISTEN TO YOUR FAVOURITE SONGS.
Make yourself a mini playlist to enjoy.

15 TAKE A NAP.
Close your eyes and give yourself permission to nod off.

16 BE CREATIVE.
Bake, draw, write, sew. Use your hands in whatever way feels best.

17 LOOK AFTER YOUR SKIN.
Cleanse, exfoliate, moisturise your face & body.

18 FEEL GRATEFUL.
Write down three things that you're thankful for.

19 WATCH THE LIGHTS.
Sit & enjoy the gentle twinkling of the Christmas tree lights.

20 TALK.
Take time to chat with someone you love.

21 HAVE A MINDFUL SNACK.
Cut up some fruit and pause to sit down and eat it.

22 DOODLE.
Or colour. No purpose, just see where your pen takes you.

23 TAKE A BATH.
Add candles or bubbles as you wish. Close the door & relax.

24 STAND OUTSIDE & LISTEN.
Breathe fresh air & savour the sounds of Christmas Eve.

JOLLY & FESTIVE

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