

SELF-CARE ADVENT *Calendar*



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|--|--|--|--|-------------------------------------|
| 1
Light a candle & Relax 10 minutes | 2
List 3 things you're proud of | 3
Screen-free hour after school | 4
Enjoy a warm drink - No Grading | 5
Play your favorite upbeat song |
| 6
Go to bed 30 minutes earlier | 7
Declutter 1 small area | 8
Wear something that boosts your mood | 9
Share a snack with a coworker | 10
Watch a favorite movie |
| 11
5-min mindfulness break | 12
List 5 things you are grateful for | 13
Leave a note for a neighbor | 14
Schedule a "no-work" evening | 15
Enjoy your comfort lunch |
| 16
Journal or doodle for 10 min | 17
Compliment 3 people today | 18
Read for fun | 19
Go to the Project Frontier Website and look around | 20
Reflect on your wins today |
| 21
Do something festive | 22
Call a friend to chat | 23
Listen to your favorite Christmas song | 24
Wrap a gift for a family member | 25
Celebrate YOU! |