

SELF-CARE ADVENT Calendar



- 1 Light a candle & Relax 10 minutes
- 2 List 3 things you're proud of
- 3 Screen-free hour after work
- 4 Enjoy a warm drink - No working
- 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 friend
- 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!