

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!

F
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