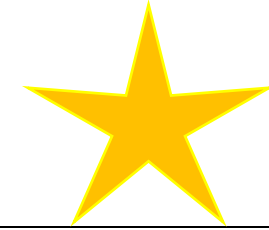


Self-Care Christmas Calendar



<p>1ST Take 3 deep breaths. You've got this!</p>	<p>2ND Write down anything you are feeling overwhelmed about, and tear it up!</p>	<p>3RD How would you like Christmas to be? Write down or draw it.</p>	<p>4TH Close your eyes. Imagine your ideal Christmas. What does it look like?</p>	<p>5TH Make some Christmas paper chains.</p>
<p>6TH Talk to someone! Have a chat about how you are feeling about Christmas. It's okay to be honest.</p>	<p>7TH Get outside if you can. How many Christmas lights or decorations can you see?</p>	<p>8TH Write a letter to Father Christmas. What would you like to say?</p>	<p>9TH Make a paper snowflake. This is a great opportunity to practice mindfulness.</p>	<p>10TH Check in with yourself. How are you doing? If you need help ask for some. It's okay to do so.</p>
<p>11TH Pamper yourself in a way that leaves you feeling SPECIAL!</p>	<p>12TH Put on some of your favourite Christmas music. Sing or dance along to it.</p>	<p>13TH Do something that makes you laugh! Maybe write a joke for a Christmas Cracker!</p>	<p>14TH Make a Christmas Card for yourself and write a special message to YOU!</p>	<p>15TH Stand like a Christmas Tree. Stretch your arms up high and out wide. Imagine your feet are roots. Ground yourself.</p>
<p>16TH How are you doing? Ask yourself 3 times, how am I? What 3 things do you need right now?</p>	<p>17TH Draw a star. On each point, write down your Christmas wishes.</p>	<p>18TH Imagine you are Father Christmas. What would it be like to be FC for a day. What would you do?</p>	<p>19TH What gifts you have gained this year, and which ones you would like to take into the New Year.</p>	<p>20TH Do something mindfully.</p>
<p>21ST Have an early night.</p>	<p>22ND Do something different today. Create a new Christmas memory.</p>	<p>23RD Take some deep breaths. Do something active!</p>	<p>24TH Put some music on. Shake any stress/tension off. Speak to someone. REMEMBER YOU ARE DOING GREAT! BE KIND TO YOURSELF!</p>	<p>25TH MERRY CHRISTMAS! TAKE CARE OF YOURSELF. REMEMBER WHATEVER HAPPENS TODAY. YOU ARE AN AMAZING PERSON! YOU ARE YOUR GREATEST GIFT!</p>