



12 days of *Christmas* self-care

DAY 1

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Spend some time journaling about your favorite holiday memories

DAY 2

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Take a break from social media and enjoy some quiet time alone

DAY 3

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Treat yourself to a cozy night in with your favorite holiday movie

DAY 4

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Go for a winter walk in your favorite park or nature reserve

DAY 5

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Make a cup of hot cocoa and curl up with a good book

DAY 6

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Take a yoga class or practice some gentle stretching

DAY 7

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Spend some time volunteering at a local charity or shelter

DAY 8

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Spend some quality time with a loved one or friend

DAY 9

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Take a break from cooking and order in your favorite meal

DAY 10

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Practice mindfulness meditation for 10-15 minutes

DAY 11

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Spend an afternoon baking your favorite holiday treats

DAY 12

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Go to bed early and get a full night's rest