



# WELLBEING ADVENT CALENDAR



**"Christmas isn't just a day, it's a frame of mind"**

Valentine Davies

1 Take a moment just for you	2 Make sleep a top priority	3 Think of 3 things you are grateful for	4 Let a friend know you're thinking of them	5 Eat a meal mindfully	6 Enjoy a leisurely family walk	7 Spend the evening device-free
8 Meditate (even just for 5 minutes)	9 Acknowledge the beauty around you	10 Do something creative	11 Listen to music, or read a book	12 Watch your favourite movie	13 Have a mindful bath or shower	14 Leave a positive message for someone else
15 Focus on what you can see, hear and feel	16 Practice mindful breathing	17 Treat yourself	18 Complete a random act of kindness for another person	19 Have a rest from social media for a day	20 Do some yoga or simple stretching	21 Connect with others
22 Do something kind for the planet		23 Tense and release different muscles in your body	24 Dance!!	25 Enjoy every moment of your day		

