



Self-Care Advent Calendar 2019

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

Go for a walk and enjoy the beauty of nature.

3

Call a friend that you haven't spoken to for a while.

4

Sit back, relax and read your favourite book.

5

Grab some popcorn and watch your favourite Christmas film.

6

Fill a bird feeder and place it near a window.

7

Relax in a bath filled with your favourite products.

8

Do some exercise – even if it is just running up and down the stairs!

9

Light a scented candle or an essential oil burner.

10

Spend an hour doing something creative like painting, sewing or craft.

11

Buy a new Christmas decoration for the Christmas tree.

12

Book yourself a weekend away for next year – something to look forward to!

13

Write down three things that make you happy and stick them on the wall.

14

Invite some good friends around to play your favourite board game.

15

Watch your favourite comedian – someone that makes you laugh out loud!

16

Arrange to meet up with an old friend in the New Year.

17

Write down your greatest achievement from the past year. Stick it on the wall!

18

Cook a delicious meal from scratch using your favourite ingredients.

19

Declutter your bedroom. It should be a place to relax and unwind!

20

Turn off your phone, computer and any other electronic gadgets for an hour or so.

21

Hide all your work in a cupboard and forget about it for a while.

22

Dance around the room listening to your favourite Christmas music.

23

Have an early night and wake up feeling refreshed!

24

Spend quality time with your loved ones. Have a great Christmas!

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