



"Me-Time" Wellbeing Advent Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
		Have a mindful cuppa/hot choc: sit quietly and just enjoy. 1	Start the day with a 5 minute YouTube meditation. 2	Eat a treat. Just one and just for you. Enjoy every moment! 3	Have a nice, 20-30 min walk today. If it's wet - raincoat! 4	Watch a fun, festive film! 5
Get to bed early tonight. Lights out by 10 pm! 6	Follow a craft YouTube video: learn to draw or cook something new! 7	Clean kitchen and prep your cups/ plates for the morning. 8	Make a list of 5 things you're grateful for today. Even the simple things. 9	Send a nice message to a friend/loved one. 10	Do some yoga today, even if it's just 5 minutes in savasana! 11	Do a mini pamper today - do your nails or a hair mask. 12
Put aside some clothes for charity today. If you don't love it, it goes! 13	Play a board game or game or a device to 'zone out' tonight. 14	Have an evening bath or shower and get in your PJs early! 15	Watch your favourite comedy show, and give it all your focus. 16	Sit quietly with the festive lights on. or just sit with a candle and relax. 17	Have your favourite 'treat' food tonight. Save some for tomorrow! 18	Watch a festive film marathon today! 19
Spend the day in comfy clothes and relax. 20	Make a list of ways to make the next few days as fun as possible. 21	Eat some mince pies slowly and savour them (or other festive treat!). 22	Spend some time reading a book in peace. 23	Find a way to do something nice for someone else today. 24		

