



12 Days of Christmas Self Care

12 days of self care ideas to help you find peace in the bustle of the holiday season!

DEC 13

Spend the Evening Doing Nothing

DEC 14

Do something Physical (walk, workout, etc.)

DEC 15

Listen to Music for 30 Minutes

DEC 16

Take Yourself Out on a Date

DEC 17

Spend at Least an Hour Outside in Nature

DEC 18

Do Something to Laugh (show, joke, etc.)

DEC 19

Take a Mindful Moment

DEC 20

Reconnect with Someone New

DEC 21

Stay Off of Social Media & News Today

DEC 22

Treat Yourself

DEC 23

Take a Nap

DEC 24

Center Yourself Before the Hustle & Bustle