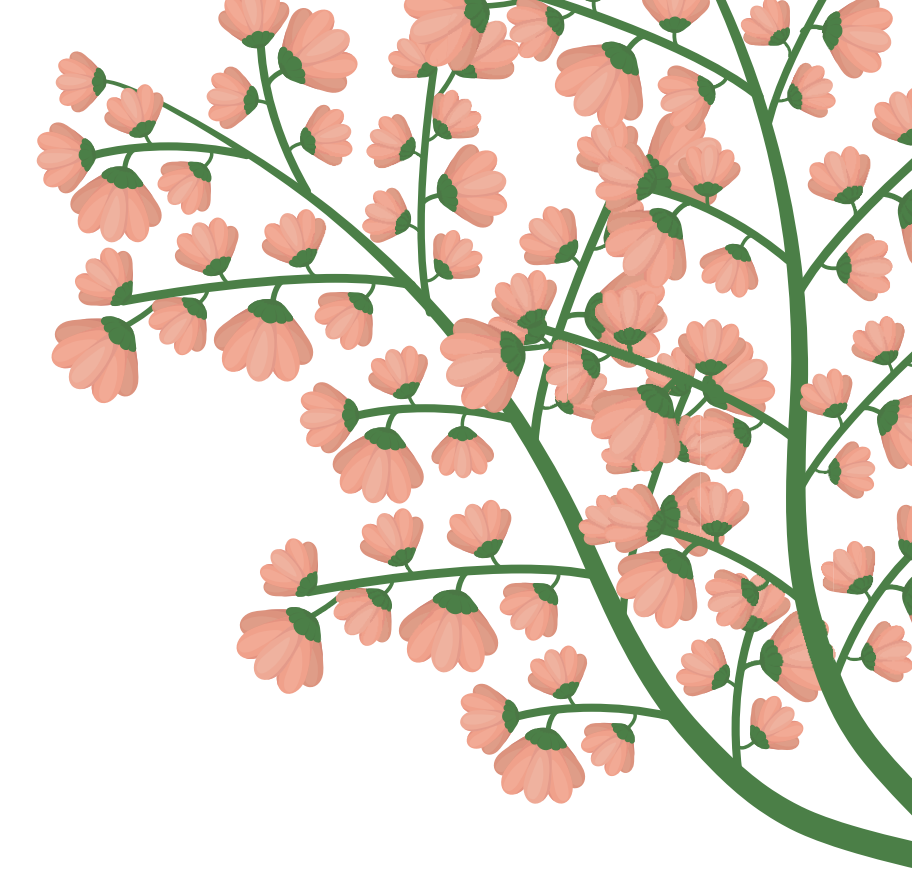


Happy Holiday



SELF-CARE ADVENT CALENDAR

1
Write in
your
journal

5
Turn your
phone off
before
dinner

8
Read a
book

19
Stand
barefoot
in the
grass

16
Declutter
one area

22
Have a
bubble
bath

15
Listen to
a podcast

18
Buy or
pick
some
flowers

9
Write a
love
letter to
yourself

13
Order in
dinner

11
Listen to
your
favourite
music

7
List what
you're
grateful
for

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6
Go for a
walk

23
Go to bed
early

17
Catch up
with a
friend

2
Buy
yourself a
present

12
Donate
your time
or money
to a charity

21
Make a
yummy
treat

3
Ask for
help

14
Log out
of Social
Media for
a day

20
Listen to a
meditation
before bed

4
Watch a
funny
video

24
Watch a
Holiday
movie

10
Practice
deep
breathing