

# Your Wellbeing Advent

Enjoy a self-care treat every day right up until Christmas.

**1<sup>st</sup> day of Wellbeing**



## DO GIFTS YOUR WAY

Think about your budget and spend what you want on gifts, not what is expected of you.

**2<sup>nd</sup> day of Wellbeing**



## SHARE THE LOAD

Delegate a Christmas task to someone else—less stress means more fun!

**3<sup>rd</sup> day of Wellbeing**



## UNGIFT

Go through your present-buying list and take off at least one person you actually don't need to buy for.


**4<sup>th</sup> day of Wellbeing**



## NETFLIX & CHILL

Hey, it's Friday—time to Netflix and chill. Take that any way you like.

**5<sup>th</sup> day of Wellbeing**



## TREAT YO'SELF (part 1)

Have a lie-in or take a cup of tea back to bed and have some quiet time reading a book.


**6<sup>th</sup> day of Wellbeing**



## MOVE YOUR BODY

This isn't about burning the 'joules'—move in any way that makes you feel good about your body.

**7<sup>th</sup> day of Wellbeing**



## SEND AROHA

Take a moment to write a note to a loved one—it will be a great gift for you, as well as them.


**8<sup>th</sup> day of Wellbeing**



## NO DRAMA LLAMA

Give yourself permission to not talk to that problem relative this season. No drama, you beautiful llama.


**9<sup>th</sup> day of Wellbeing**



## DANCE IT OUT

Turn up your favourite banger and dance like no one is watching. (And if they are, make them join in).

**10<sup>th</sup> day of Wellbeing**



## SAY NO

If you're bracing yourself for busyness, allow yourself to say no to at least one commitment over the next week.

**11<sup>th</sup> day of Wellbeing**



## TREAT YO'SELF (part 2)

Choose a favourite Christmas treat—eat slowly, and with each bite think about the taste and texture.

**12<sup>th</sup> day of Wellbeing**



## LEAVE THE DISHES

Leave the dishes tonight and watch a movie, read a book or do something else instead of cleaning up!

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**13<sup>th</sup> day of Wellbeing**



## WORRY ABOUT IT

Let yourself worry! Grab a piece of paper: on one side, write down your worries, on the other, come up with possible solutions.

**14<sup>th</sup> day of Wellbeing**



## HAVE A PICNIC

Set up a picnic, inside or out, and throw out the table manners. Use your fingers! Eat dessert first!

**15<sup>th</sup> day of Wellbeing**



## BREATHE

Try this simple exercise: Breathe in for four, breathe out for four– and as you do, say 'relax' to yourself. Repeat as many times as needed!

**16<sup>th</sup> day of Wellbeing**



## CROSS IT OFF

Go over your to-do list and cross off the chores you don't really need to do. Does Santa really need the windows cleaned?

**17<sup>th</sup> day of Wellbeing**



## TREAT YO'SELF

(part 3)

Remember the money you saved by not buying all those pressies? Spend something on yourself instead (and don't feel guilty).


**18<sup>th</sup> day of Wellbeing**



## SURPRISE!

Think back over the past year and recall three things you've done that have surprised you.

**19<sup>th</sup> day of Wellbeing**



## GET IN TOUCH

Take five minutes to send an email to a long lost friend and remember back when ...

**20<sup>th</sup> day of Wellbeing**



## SHARE THE LOAD

(part 2)

The big day is coming up. What help do you need to ask for?


**21<sup>st</sup> day of Wellbeing**



## YOU DO YOU

Write down the things that are important to you at Christmas, and schedule in time for those things.

**22<sup>nd</sup> day of Wellbeing**



## REVIVE IT

Think of a Christmas tradition you loved as a kid, and bring it back. (The one day of the year you can have lollies before breakfast!)


**23<sup>rd</sup> day of Wellbeing**



## REST UP

Do something that feels restful for you– like going to bed early with a good book, or going for a walk first-thing in the morning.

**24<sup>th</sup> day of Wellbeing**



## 'DO' GRATITUDE

Bribe the kids with Christmas treats, then start a new family tradition by taking turns to say what you are grateful for this year.