

## Your Wellbeing Advent

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

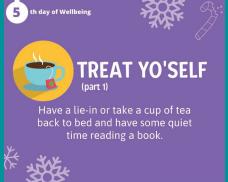


























This isn't about burning the 'joulesmove in any way that makes you feel good about your body.

UNGIFT

Go through your present-buying list

and take off at least one person you

actually don't need to buy for.

R day of Wellbeing



## Your Wellbeing Advent

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











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!)









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

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15 th day of Wellbeing

