



December 2020

Christmas wellbeing calendar



Christmas is a busy time of year and this year maybe more challenging than others. It is important to look after your own wellbeing as well as others around you. We have put together a self-care advent calendar to help you create moments to support your wellbeing and that of your family.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Light some candles	2 Have a soak in the bath	3 Read a book or magazine	4 Name 5 things you are grateful for	5 Do something for someone else
6 Put up Christmas decorations	7 Start a journal	8 Face time family	9 Go to bed earlier than usual	10 Treat yourself to a cake	11 Wear something festive	12 Call a friend
13 Go for a walk	14 Have a social media or phone free day	15 Exercise	16 Listen to your favourite music	17 Try meditation or breathing techniques	18 Volunteer at a local charity or food bank	19 Bake biscuits
20 Have a Christmas movie marathon	21 Have an afternoon nap	22 Play board games	23 Make a hot chocolate	24 Connect with a family member, friend, or neighbour	25 Do 1 thing that makes you feel good	26 Star gazing
27 Get some fresh air	28 Start a new hobby	29 Cook a meal from scratch	30 De clutter a part of your house	31 Note down 2 things you would like to achieve next year		



If you're finding things hard, you are not alone. Visit parents.actionforchildren.org.uk and speak to one of our Parenting Coaches for information, support and reassurance. It's all free and no topic is too big, small, or embarrassing.