

# December 2017 – Self Care Advent

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Find the perfect holiday smell for your room or house.	2 Reach out to a family member by phone or visit. Just say “hi”.
3 Take a winter’s nap...or just rest for 1 hour without tech or TV	4 Invite one person to do something outdoors this weekend...no matter the weather.	5 Write 10 things that have been important to you this year. Put it in your phone or journal.	6 Make final plans for this weekend’s outdoor fun. Confirm with a friend – time, place, date.	7 Go to a hotel or coffee place with a fireplace. Sit and read or think or drink a latte for 30 minutes.	8 Before you leave work or school, take a moment to say thank you to a support staff, custodian, secretary.	9 Outdoor fun today? OR Watch a feel-good movie...BONUS: invite someone to watch it with you.
10 Outdoor fun? OR Take an hour to walk through a toy store and find a childhood toy you loved.	11 Pandora Holiday music and play it loudly! Enjoy a latte, chair or cocoa while listening.	12 If you don’t have a tree up, get a few branches and pinecones. Or go look at trees in the neighborhood!	13 Plan a coffee or meal with someone you notice seems to be a bit lonely, quiet or disconnected. Take a risk...ask.	14 Tell your family or friends that you’re planning a movie night or game night this month. AND DO IT!	15 Plan a food drop off for the weekend. Gather a bag of food needed for the hungry..	16 Sleep in...or go to bed early. The winter solstice is coming. Enjoy the warmth of long, dark nights.
17 Start a journal today that records the important wisdom and experiences of this year. Without judgment, just notice what happened.	18 Get rid of 20 things: old items, old beliefs, old fears, old relationships, old habits you no longer need. Tell someone what you got rid of.	19 Getting ready for family holidays? List out your intentions – how will you connect with others and take care of your own needs?	20 Invite 2 – 4 people to go to Village Inn for FREE PIE night. Include one person you notice may be alone or feeling lonely.	21 Look at your phone numbers, Facebook friends or Instagram friends. Send out 5 encouragements to people on your list.	22 Go through your music collection. Find an artist or album you haven’t listened to in a long time. Take an hour to enjoy an old favorite.	23 If weekends are tough for you, ask someone to go to a local fancy hotel and sit in the lobby. Enjoy with a friend or family member.
24 If you find yourself panicking about gifts...stop. Give the gift of words this year. Write a “blessing” or “gratitude” to each person who will be around the tree.	25 <b>Christmas Day</b> Take a deep breath and notice any stress or expectations. Exhale. Take 5 minutes to breathe deeply and exhale out all stress.	26 Boxing Day is a day to appreciate those who work for others. Take an hour to thank service people. Smile and boldly thank the returns line folks...or someone in your family who does a lot of caretaking.	27 Five Senses Adventure! Do one thing for each sense that you love. Find the perfect smell...taste your favorite thing...	28 Dare to try a new physical activity. Restorative Yoga...Tai Chi...Boxing...it doesn’t matter if you are terrible at it...just try it out! Groupon will probably have some great deal. Or try a local rec center.	29 List 10 promises to yourself for the new year. What do you no longer need in your life? What do you want to make sure to try? Start small. Find a friend to share promises with and keep you going!	30 What’s a WORD you want in your new year? What do you want to focus on? Who might you want to become? ONEWORD365 is a great free resource to find a perfect word..
31 Set your intention for tonight. How do you want to intentionally release 2017 and begin 2018? A party doesn’t make you more loved. A night alone or with others are both great options.						