

Wellness Advent Calendar 2021 Edition

Directions: Starting on December 1...

Option 1 ~ Post this somewhere you'll see it daily. Cross off one activity (in any order) each day as you complete it in the 24 days leading up to Christmas.

Option 2 ~ Cut out all squares, fold up each one and place all 24 in a bowl, hat or container. Select one each day and complete the activity.

Even if you don't celebrate Christmas, simply make this a fun December adventure.

Enjoy! ☀️

Call a family member you haven't spoken to in a while	Write down one thing you're grateful for on a small piece of paper, fold it up and carry it around in your pocket for a day	Take yourself on a solo 20 minute walk (not even dogs invited)	Mail a short and sweet letter to a friend you'd love to hear from
Go to the post office and buy some pretty stamps	Smile at a stranger (when outside and your mask is down)	Enjoy some yogurt or a probiotic food (e.g., sauerkraut, pickles, kombucha)	Make a smoothie with your favorite ingredients
Take a bubble bath	Give yourself a home mani or pedi (or both!)	Spend time playing with a pet (or someone else's if you don't have one)	Tip a worker more than you usually do
Enjoy a cup of tea or hot cocoa in your nicest cup	Wear that perfume/ cologne you usually save for a special occasion	Pick one flower, cut off the stem, and float it in a bowl of water	First thing in the morning, drink an 8oz glass of water with a squeeze of lemon
Make a favorite meal and have a dinner date with yourself	Wrap a holiday gift in your own unique way	Watch a favorite movie from your younger school days	Invite a friend for coffee or lunch at a place you've been wanting to try
One morning, first thing, write three pages of stream-of-conscious journaling. Whatever comes to mind. Either keep it and continue the practice or shred it.	Buy a new pencil or pen designated for wellness- or personal-related writings	Get dressed up for dinner at home	Visit a library to peruse the aisles (and check out a book if you find one that looks good!)

Recommended age: high school and older