



Self-Care at Christmas

<p>Watch a Christmas movie</p> 	<p>Listen to Christmas music</p> 	<p>Go for a walk and see the Christmas lights</p> 	<p>Visit friends and family (either in person or via Facetime)</p> 
<p>Start a journal</p> 	<p>Invite a friend over</p> 	<p>Read a book</p> 	<p>Bake a cake or cookies</p> 
<p>Have a relaxing bath</p> 	<p>Spend time colouring</p> 	<p>Play a board game with family</p> 	<p>Have a takeaway night</p> 
<p>Do Yoga/Pilates</p> 	<p>Try mindfulness/light your favourite candle</p> 	<p>Go for a walk in a forest park</p> 	<p>Do a word search</p> 