

SELF CARE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Blank box for Monday's activity.

Blank box for Tuesday's activity.

Blank box for Wednesday's activity.

Blank box for Thursday's activity.

Blank box for Friday's activity.

Blank box for Saturday's activity.

1
Ring a friend you haven't spoken to in a while.

2
Get dressed up in your favourite outfit.

3
Dance in the kitchen to your favourite song.

4
Burn your favourite candle.

5
If you can, donate to a food bank

6
When going to bed, keep your phone outside your room.

7
Try and get 7-9 hours sleep tonight.

8
Bake a cake, pie or some Christmas biscuits.

9
Take some big deep breaths.

10
Watch your favourite movie.

11
Have your coffee, breakfast and shower all before checking your phone this morning.

12
Make extra food tonight - ready for your lunch tomorrow.

13
Have a nice hot bubble bath.

14
Go for a walk

15
Give someone a hug.

16
Make a playlist of songs - dance or sing to them!

17
Have a pamper evening - get yourself a face mask.

18
Ask for help for something you've been struggling with recently.

19
Try yoga, whether that's online or at a yoga studio.

20
Try a new skill e.g. wreath making or homemade decorations.

21
Do some physical activity - whatever that looks like for you.

22
Get yourself a Christmas present

23
Have a PJ or Duvet day

24
Be extra kind to yourself today.

25
Merry Christmas!

26
Plan a trip to the theatre/gig (Buy the tickets)

27
Wrap up and go to the coast.

28
No cooking today! Take away/Eat out only!

29
Write 3 things you have achieved this year that you are proud of

2024

