12 DAYS OF CHRISTMAS: THE SELF-CARE WAY

The holiday season is here! What better way to cherish this season by providing a little TLC to yourself!

The holidays are known for being a time to love and cherish those around you. However, it is also important to take time to nurture yourself. We challenge you to complete the “12 Days of Christmas: The Self-Care Way”.

1. Day 1: Practice Gratitude

- Start each day by writing down three things you're grateful for to cultivate a positive mindset.

2. Day 2: Take a Mindful Walk

- Go outside and take a slow, mindful walk in nature, paying attention to the sights, sounds, and sensations around you.

3. Day 3: Unplug for an Hour

- Take a break from digital devices for one hour to recharge and connect with the present moment.

4. Day 4: Have a Cozy Evening

- Create a calming environment with soft lighting, a good book, or relaxing music.

5. Day 5: Enjoy a Creative Hobby

- Spend time on a creative activity like drawing, knitting, or writing to express yourself and relieve stress.

6. Day 6: Practice Deep Breathing

- Dedicate 5-10 minutes to deep breathing exercises to reduce tension and promote relaxation.

7. Day 7: Declutter a Space

- Tidy up a small area in your home that supports mental clarity.

8. Day 8: Treat Yourself to a Relaxing Bath

- Light some candles, use essential oils or bath salts, and soak in a warm bath to unwind and nurture your body.

9. Day 9: Reach Out to a Loved One

- Call or message a friend or family member for a meaningful conversation or virtual hangout.

10. Day 10: Write in a Journal

- Reflect on your day or express your emotions by journaling, helping you process thoughts and reduce stress.

11. Day 11: Practice a Short Meditation

- Take 10 minutes to meditate, focusing on your breath.

12. Day 12: Rest and Recharge

- Allow yourself a full day of rest—take a nap, sleep in, or simply relax without any obligations to replenish your energy.

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If you are struggling with life stressors that are more than you can handle alone, seek help. Talk to a friend or someone you trust. Call our office or another mental health provider to set an appointment. Do you want you need to do to take care of yourself. You don't have to do this alone.