

Countdown to Christmas – Gifts for You!

Be gentle with yourself this season. You are worthy of sunlight and care right here in the chaos of things. CrystalRoses

1. Recognize 3 things you are grateful for.
2. Perform a random act of kindness.
3. Get lost in a book, magazine, podcast, TV show for 1 hour. Set a timer.
4. Wrap up in a blanket.
5. Add bubbles or essential oil to your bath or shower.
6. Take a short nap.
7. Give yourself a compliment. You've earned it.
8. Breathe.
9. Do some squats, wall pushups, or jumping jacks to get your blood pumping.
10. Escape to a quiet place for a few minutes. Put on noise-cancelling ear buds/headphones.
11. Strike a yoga pose for relaxation or power.
12. Sit in the sunny spot in your house. Feel the warmth on your skin.
13. Close your eyes. Do a mental check-in with your body. Start at the top and work down.
14. Step outside and breathe in the fresh air.
15. Put on fuzzy socks.
16. Reach out to a friend.
17. Tidy up an area.
18. Take a break.
19. Treat your sense of smell with a candle, essential oils, perfume, baking.
20. Sink into the feelings associated with a special memory.
21. Stretch.
22. Look at nature.
23. Drink a glass of water.
24. Doodle, color, do something creative.
25. Laugh. Extra points if it's a deep belly laugh.
26. Sing or dance.
27. Pat yourself on the back and acknowledge all that you have done.
28. Fix a cup of cocoa, coffee, or hot tea. Cradle the mug in your hands and feel the warmth.
29. Look at old photos.
30. Let it go. Imagine that you are setting something troubling adrift in a windstorm.
31. Do something from your happy list.

Self-care is giving the world the best of you, not the rest of you. Katie Reed