

12 DAYS OF SELF-CARE

The Holiday Season can be a stressful time making it even more important to focus on YOU. Use our 12 Days of Self-Care Planner and Ideas as a resource to start incorporating daily habits for improved total wellness.

For at least 12 days in December, write down what you did to take care of yourself.

DAY 1:

DAY 2:

DAY 3:

DAY 4:

DAY 5:

DAY 6:

DAY 7:

DAY 8:

DAY 9:

DAY 10:

DAY 11:

DAY 12:

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PHYSICAL

- Snuggle under a cozy blanket.
- Sit outdoors by a fire pit, watching the flames and listening to the night sounds.
- Take a hot shower or a warm bath.
- Get a massage.
- Take the dog on a walk.
- Go for a walk or a run.
- Dance.
- Stretch.
- Go for a bike ride.
- Take a nap.

EMOTIONAL

- Cry or laugh.
- Write down, or say 3 positive affirmations aloud.
- Make a gratitude list.
- Practice self-compassion.
- Cuddle with a pet or loved one.
- Establish boundaries with those around you.
- Seek guidance from a mental health professional.
- Listen to music.
- Watch your favorite movie.
- Give someone a hug (you need it too).

FINANCIAL

- Set a budget for the month.
- Cut down on unnecessary spending.
- Start a savings account or add to existing.
- Sell old clothes, furniture, or unused items.
- Purchase smarter by avoiding full price items, or using coupons.
- Start or contribute to an emergency fund.
- Contribute to your retirement fund.
- Pay off debt.
- Speak to a financial advisor.

SPIRITUAL

- Read poetry or inspiring quotes.
- Light a scented candle.
- Pray.
- Meditate.
- Do yoga.
- Spend time in nature.
- Write in a journal.
- Create a vision board.
- Let go of negative attachments.
- Act with compassion and non-judgment.

COGNITIVE

- Take action (one small step) on something you've been avoiding.
- Make a list.
- Read a news article or other interesting article.
- Watch a documentary.
- Make art. Do a craft project.
- Listen to a podcast.
- Pick up a new hobby, or learn something new.
- Write in a Journal.
- Start a new book.
- Get a good night's sleep.

APTITUDINAL

- Teach a class.
- Volunteer your time.
- Pitch a new idea at work.
- Mentor someone.
- Have a meaningful, thought-provoking conversation.
- Start learning a new language.
- Start a book club or other group.
- Invest time in your start-up idea.
- Make progress on your project.
- Write a script.

ENVIROMENTAL

- Buy a couple air purifying house plants.
- Switch to non-toxic cleaning and laundry products.
- Switch to reusable household items like tupperware, straws and cleaning supplies.
- Clean out a junk drawer or closet and recycle or give away unneeded items.
- Organize or join a neighborhood cleanup crew.
- Reduce waste in your home.
- Upcycle your old clothing.

RELATIONAL

- Have a lunch date with a good friend (virtual works too).
- Call or Facetime a friend.
- Join a support group.
- Visit a family member, or send a letter.
- Smile at a stranger.
- Host a small dinner.
- Bake a meal for a neighbor in need.
- Set boundaries or end a toxic relationship.
- Ask for advice when you need it.