



First time in a long time

— ❄️ —
Let's make Christmas count!



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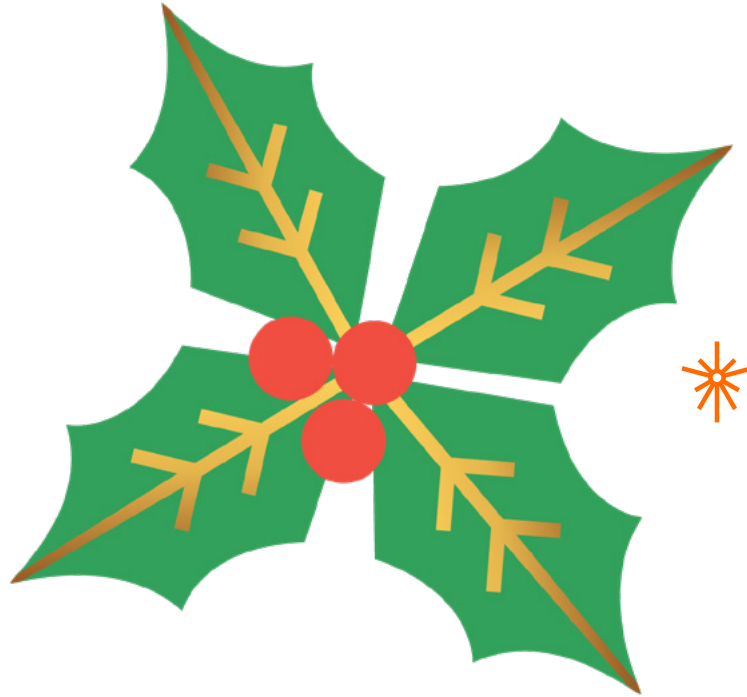
REFLECT AND GROW:

It's time to reflect and journal. Think about something you are proud of or that made you happy this year. "Pause and remember – every single event in your life, especially the difficult lessons, have made you smarter, stronger, and wiser than you were yesterday. Be thankful!" Jennifer Young





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HAPPY TUNES:

Tuning into a joyful playlist is an instant way to boost your mood! Create your very own Christmas me-day playlist that can be played at any time of the day and get ready to sway and dance to the beats! Not into Christmas music? Then revisit some of your favourite songs of all time!





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JAR OF THANKS:

Using some colourful cards, spend time with your family writing down things you're thankful for – try and fill the jar with gratitude! Then, whenever you're feeling stressed by the season, open one up and feel your mood change in an instant.



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BRING A SMILE:

Scroll through photos from Christmas' past (or memories for the past year) and when you come across a photo that makes you smile, text it to someone who will appreciate it as well. Unfortunately, the holidays aren't a joyous time for everyone. Checking in on someone you know might be struggling could make a world of a difference.





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FOREST BATHING:

Today, get yourself out in nature (or even to the park or your town's botanical gardens). Take some time to slow down and wander through the trees. The Japanese call this Shinrin-yoku, or "forest bathing", and the practice celebrates the sense of well-being you feel when you're in nature. Don't have any nature around you? Try listening to nature soundtracks while closing your eyes or look for inspirational nature photography on the internet!



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LIGHT A CANDLE:

Turn off all of the lights and eat your dinner by candlelight! Better yet, honour the advent wreath tradition of lighting five candles representing hope, faith, joy, peace, and light.



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LOVE YOURSELF:

As you prepare to surprise your loved ones with presents and delicious treats this Christmas, don't forget to pamper yourself too!

There are many ways to self-care - including turning your home into a spa and indulging in DIY treatments such as a refreshing scrub or hydrating mask. You could even prepare your own self-care kit for next year!



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