



# HOLIDAY SELF-CARE!

DEC 2022 & JAN 2023

**...the holidays can be hard, especially if you've lost a loved one to suicide.**

**We invite you to follow along with these daily self-care prompts. Please take extra good care of yourself this season!**

| SUNDAY  | MONDAY   | TUESDAY                                     | WEDNESDAY                  | THURSDAY  | FRIDAY                                  | SATURDAY   |
|---|--|---|----------------------------|---|---|--|
|   |  |   |                            |   |   | 17<br>Bake a festive treat   |
| 18<br>Have a movie night with someone you love  | 19<br>Take a bath  | 20<br>Make a homemade Christmas card        | 21<br>Do something kind <3 | 22<br>Share a beading or sewing pattern with a friend | 23<br>Play Community Bingo              | 24<br>Listen to Christmas music  |
| 25<br>Write down 5 things you're grateful for   | 26<br>Visit an elder                                     | 27<br>Invite a friend over for country food | 28<br>Play in the snow!    | 29<br>Videocall someone you love who's far away       | 30<br>Go to Christmas games with family | 31<br>Reflect on the past year & acknowledge all your personal growth! |
| 1<br>Keep it simple. Set ONE goal!              | 2<br>Move your body! (in whatever way feels good to you) | 3<br>Enjoy a hot cup of tea                 | 4<br>Take 3 deep breaths   | 5<br>Cook a home cooked meal                          | 6<br>DIY homemade facemasks!            | 7<br>Go for a walk (even if it's super cold outside!)                  |
| 8<br>Listen to good music & dance for 2 minutes |  |   |                            |   |   |  |