First time in a long time

Let's make Christmas count!

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SLOW DOWN:

Find a quiet place, close your eyes and reflect on a word or theme you want to centre Christmas on this year: Gratitude, Joy, Peace, Laughter, Connection, Community

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NEW EXPERIENCE:

Feeling a little depleted at this time of the year? Give back to yourself this Christmas by checking out local art and culture, which could be a gallery or even a new band in town! Doing something you haven't done in a long time or completely new, can help you feel refreshed by immersing your senses in something creative and lively!
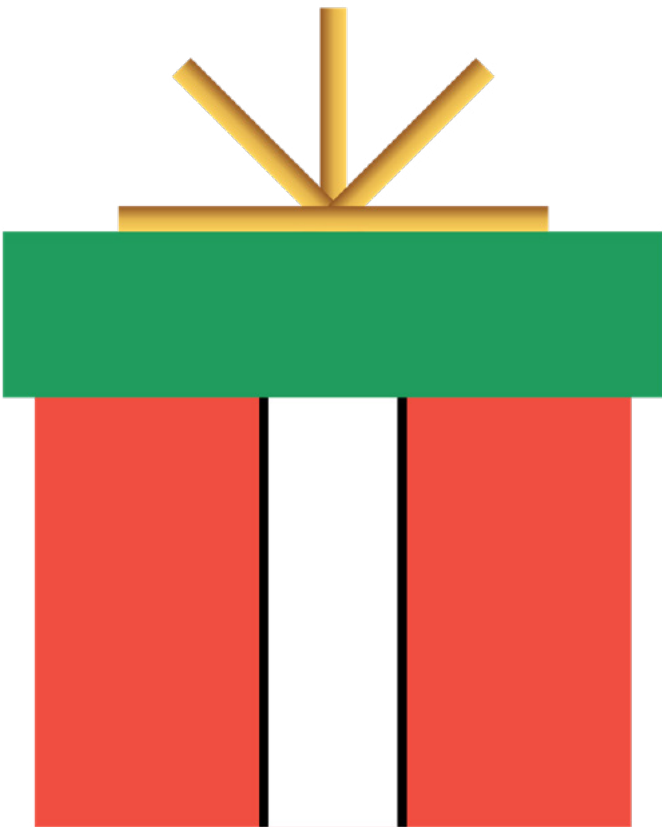
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JUST SAY IT:

How often do we think to ourselves: "What a good mum," or "What a kind smile," or "What a patient sales assistant," but don't say it out loud? This time, say it! You might just make someone's day. Bonus: Reflect on some encouraging words you've never forgotten. Write them in your journal and pop them in the jar.

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THANK-YOU CARDS:

We all spend time buying presents, but when did you last send a 'thank you' for the presents you received at Christmas? Get crafty and make thank-you cards to send out after Christmas – you could paint, draw, or use photos or collage. You might also like to thank people for all those 'intangible' presents received throughout the year!

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LET GO OF PERFECT:

It's so easy to be overwhelmed at this time of year – let go of everything being perfect and, instead, embrace what is. "Today, let's set our minds and hearts on feeling more thankful for what we are than guilty for what we're not. Let's cut the threads of guilt with grace." Lysa TerKeurst.

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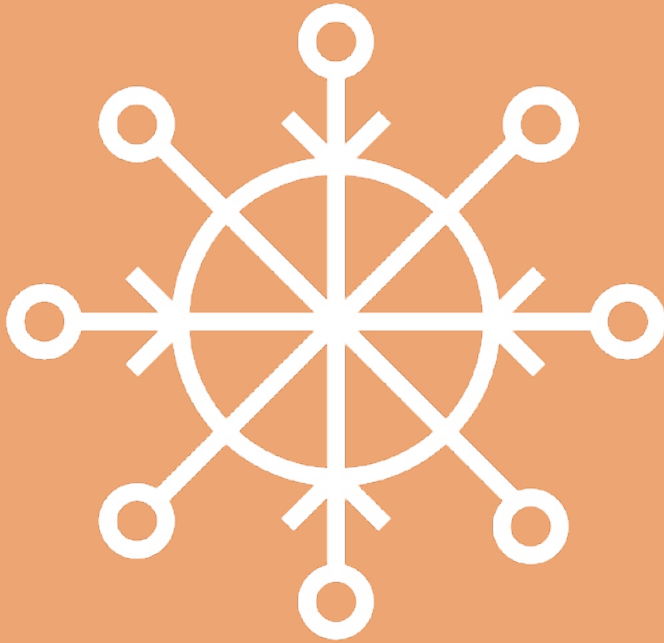
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DO GOOD:

Do 3 good deeds that will make you happy today! While this may sound like a simple task, you may need some time to find the things that truly make you feel content and fulfilled - inside and out. For some, it could mean helping out at an animal shelter, donating items to a local food bank, or even just holding the door open for the next person

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THE GREATEST GIFTS:

What's the most precious gift you've ever received? (Hint: this might not be an expensive item, but could be your favourite hike, a perfect day at the beach, or a magical dinner). Remember how you felt – can you give someone that feeling this year?

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