MENTAL HEALTH SUPPORT TEAM

NHS
Humber Teaching
NHS Foundation Trust

S(ELF)-CARE ADVENT CALENDAR

1 Make a homemade gift for someone special

2 Go on a winter walk with family

3 Make a gratitude jar

4 Listen to a Christmas guided meditation

5 Go ice skating with your friends

6 Make time for a catch up with someone special

7 Write down three things you're proud of this year

8 Watch your favourite Christmas movie

9 Make a gingerbread house

10 Donate old clothes to a local charity

11 Do something nice for yourself

12 Practice Christmas star breathing

13 Decorate your room with Christmas lights

14 Go to a Christmas market

15 Play a Christmas themed game with your family

16 Organise secret Santa with your friendship group

17 Bake Christmas cookies

18 Have a Christmas themed photoshoot with your friends

19 Snuggle up with a hot chocolate

20 Read a classic Christmas story before bed

21 Make a Christmas decoration

22 If you are able, donate food to your local food bank

23 Have a duvet day

24 Take time to talk through or write down your worries

25 Merry Christmas

Enjoy your day with family or friends!

follow @mymhst for more self-help tips to boost your emotional wellbeing and support your mental health