



December

Countdown to a Stress-Free Holiday Season



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 Go for a walk	02 Savor a cup of tea	03 Do something kind for someone	04 Listen to holiday music	05 Make a list of positive things in your life	06 Get a massage	07 Read an uplifting story
08 Take a hot bath	09 Meditate	10 Write in a journal	11 Share your favorite holiday memory	12 Go see holiday lights	13 Donate your time or money to charity	14 Enjoy hot chocolate with marshmallows
15 Watch your favorite holiday movie	16 Try out some yoga poses	17 Watch a video of puppies online	18 Pay someone a compliment	19 Breathe deeply for 10 minutes	20 Watch a funny movie	21 Get at least eight hours of sleep
22 Call a close friend	23 Spend time with your pet	24 Plan a fun activity	25 Bake some holiday cookies	26 Meet a friend for coffee	27 Find a new hobby	28 Enjoy aromatherapy
29 Organize part of your home	30 Attend a group exercise class	31 Prop your feet up and relax				

