

# Winter Wellness Advent Calendar

## 2022

4 Take a 15-minute stroll outside

22 Stretch!

23 Drop comparisons today

16 Turn off your phone notifications for the day

20 Play your favourite song

18 Choose to speak positively to yourself today

1 Call a friend or family member you haven't seen in a while

21 Do something fun

19 Stop to savour the little things that make you happy

3 Treat yourself to something

10 Get in bed early & treat yourself to a long sleep

6 Learn something new

15 Do something creative today

13 Watch a comedy film, TV show or video

2 Compliment someone today

2 Write down 5 things you are grateful for

14 Have a relaxing bath

It's Christmas Eve - spend it with those you love

7 Tidy your space

17 Get your body moving (in any way you like)

5 Make sure you drink at least 8 glasses of water today

9 Allow yourself half an hour today to do whatever you want to do

12 Cook a new recipe

24

11 Plan something to look forward to



Download the My Healthy Advantage app

