



Advent 2021 Self-care Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>28 HOPE Who are the people who bring you hope? Send them a note of thanks.</p>	<p>29 Make your favorite hot beverage and take time to enjoy it. Maybe chat with a friend.</p>	<p>30 Make a list of activities that bring you hope. Pick one to do today.</p>	<p>1 What's your favorite Christmas treat? Make or buy some and be sure to share with a friend or neighbor.</p>	<p>2 Play or listen to your favorite Christmas music. What happy memories come to mind? Share these with someone.</p>	<p>3 Donate money, food, or other items to a charity of your choosing. Pray for those who are in need.</p>	<p>4 Set an hour aside for quiet activity or reflection. Notice if you feel more hopeful after some quiet.</p>
<p>5 PEACE What brings you peace of body, mind, or spirit? Do whatever it is at some point today.</p>	<p>6 Take a few minutes to imagine you are in a peaceful place. What can you see, smell, hear, taste, and touch?</p>	<p>7 Spend a few minutes praying for peace – in your life, in your neighborhood, in the country, and in the world.</p>	<p>8 When you think of peace in your life, who comes to mind? Send them a note of thanks.</p>	<p>9 Do something kind for someone else. Send a card...drop off a plate of cookies...pay for their coffee...</p>	<p>10 Indulge in something today – a long hot bath, a holiday treat, reading a novel... notice how you feel in the moment</p>	<p>11 What is one thing you can do today to bring a moment of peace to your life or someone else's? Do it.</p>
<p>12 JOY Who or what brings you joy? Reach out to the people and/or engage in the activity.</p>	<p>13 What activities brought joy to your younger self? Do one of those things if you can. If not, share the memory with someone.</p>	<p>14 Watch your favorite comedy tv show or movie. Do a few minutes of laughter bring joy closer? Find some laughter every day.</p>	<p>15 Reach out to someone who makes you laugh even in tough times. Talk by Zoom or phone. Express your gratitude to them.</p>	<p>16 Remember a previous Christmas season in which you felt joy. Is there any part of that you could bring into today?</p>	<p>17 Watch the sunrise or set or imagine you are in your favorite place watching the sunrise or set. Give thanks for the beauty of Creation.</p>	<p>18 Do something creative – bake, draw, write, sew, paint, play music, etc. Notice how creativity lessens stress and makes room for joy.</p>
<p>19 LOVE Think of all the people you love and have loved. Spend time in prayer thanking God for each of them.</p>	<p>20 Write a note to someone, thanking them for the ways their love for you has helped you. Send the letter if you can.</p>	<p>21 Spend an hour today doing something you love – anything from baking to reading to watching TV, etc.</p>	<p>22 Send or drop off a card or small gift to someone who needs a reminder that they are loved and valued.</p>	<p>23 Take time today to savor your favorite holiday treat and relax for a few minutes.</p>	<p>24 Reach out to family and/or friends today. Plan to attend worship tonight to remember the simple wonder and awe of Christmas.</p>	<p>25 Take a moment and breathe in the wonder of today. Notice the hope, peace, joy, and love in your life. Christmas lasts until January 6. There's time to share hope, peace, joy, and love.</p>