

Holiday Self-Care

BUCKET LIST

- DO SOME HOLIDAY BAKING
- PRACTICE GRATITUDE
- GET LOST IN A BOOK
- PLAN AN OUTDOOR ACTIVITY
- MOVE YOUR BODY
- TAKE A BREAK FROM TECH
- CONNECT WITH FRIEND
- WILDCARD: PICK YOUR FAVORITE HOLIDAY TRADITION
- PAUSE AND REFLECT
- PRIORITIZE SLEEP
- LISTEN TO MUSIC
- GO FOR A STROLL
- GET CRAFTY
- STRETCH
- VOLUNTEER
- STAY HYDRATED