12 DAYS OF HOLIDAY SELF CARE

- [ ] Spend the evening doing nothing
- [ ] Give yourself a healthy boost
- [ ] Listen to music for 30 minutes
- [ ] Take yourself out on a date
- [ ] Spend an hour outside in nature
- [ ] Laugh it out for 30 minutes
- [ ] Make a gratitude list
- [ ] Connect with an old friend/family
- [ ] Stay off social media and news
- [ ] Treat yourself
- [ ] Take a nap
- [ ] Center yourself