

December 2024

Self-Care Inspiration



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>WORLD AIDS DAY Learn about HIV and AIDS</p> <p>01</p>	<p>Review the safe toy checklist and guidelines before buying toys as gifts</p> <p>02</p>	<p>GIVING TUESDAY Donate to a charity for a cause you care about</p> <p>03</p>	<p>Wash your hands thoroughly to prevent illness and spread of infections</p> <p>04</p>	<p>INTERNATIONAL VOLUNTEER DAY Volunteer with a non-profit near you</p> <p>05</p>	<p><i>celebrate in moderation</i></p> <p>06</p>	<p>Get a task you have been delaying out of the way</p> <p>07</p>
<p>Dance to a fun holiday playlist while you are cooking or doing housework</p> <p>08</p>	<p>Have a social media-free day</p> <p>09</p>	<p>You don't need a whole paycheck for a wholesome meal</p> <p>10</p>	<p>Do 5-10 minutes of deep breathing exercises</p> <p>11</p>	<p>Ask for help with something you have a difficult time doing yourself</p> <p>12</p>	<p>NATIONAL COCOA DAY Enjoy a delicious cup of hot cocoa</p> <p>13</p>	<p>Order in from your favorite restaurant</p> <p>14</p>
<p>Buy some extra items at the grocery store and donate them to a local food bank</p> <p>15</p>	<p>Make your holiday travels a little easier with these holiday travel hacks</p> <p>16</p>	<p>Start your day with a healthy breakfast</p> <p>17</p>	<p>Give kind comments to as many people as you can today</p> <p>18</p>	<p><i>Improve your health one step at a time</i></p> <p>19</p>	<p>Host a heart-healthy holiday event</p> <p>20</p>	<p>FIRST DAY OF WINTER Take advantage of the shorter days and aim to get 7 to 8 hours of sleep tonight</p> <p>21</p>
<p><i>take your time to de-stress</i></p> <p>22</p>	<p>Keep your energy up by eating a healthy meal today</p> <p>23</p>	<p>Fit in at least 20 minutes of movement today – you will thank yourself</p> <p>24</p>	<p>Share a happy memory with a loved one</p> <p>25</p>	<p>Spend some alone time meditating today</p> <p>26</p>	<p>Set some financial goals for the year ahead</p> <p>27</p>	<p>Go for a walk and pick up any litter you see on your way</p> <p>28</p>
<p>Return any items you purchased but didn't use as gifts</p> <p>29</p>	<p>Commit to learning a new skill in 2025</p> <p>30</p>	<p>NEW YEARS EVE Spend some time journaling with these reflection questions</p> <p>31</p>	<p>Click on the links and colored text boxes for additional information and resources.</p> <p>For more inspiration, check out our Wellbeing Insights e-magazine</p>			