



THE TWELVE DAYS OF Festive Wellbeing

DAY 1 – The Gift of Boundaries

On the first day of wellbeing, give yourself some space:
Gentle, firm boundaries for others to know your pace.

DAY 2 – Two or More Minutes of Rest

On the second day of wellbeing, take time to pause and slow:
A breath, a stretch, a quiet break to let the tension go.

DAY 3 – Three Ways to Include

On the third day of wellbeing, connect in ways that show:
Respect, honour, acknowledge the festive traditions others know.

DAY 4 – Four Honest Thoughts

On the fourth day of wellbeing, think of things that are going right:
There may be challenges but hold these compassionately in sight.

DAY 5 – Five Tech-Free Rings

On the fifth day of wellbeing, **go tech-no-lo-gy free**:
Set an out-of-office note and rest intentionally!

DAY 6 – Six Kind Deeds Counted

On the sixth day of wellbeing, let kindness be your guide:
Notice how you've helped yourself and those close by your side.

DAY 7 – Seven Joyful Movements

On the seventh day of wellbeing, move in ways that cheer:
A wiggle, shake or stretch that brings a brighter atmosphere.

DAY 8 – Eight Nourishing Moments

On the eighth day of wellbeing, enjoy what brings delight:
A meal that warms your spirit and helps you feel just right.

DAY 9 – Nine Gentle Questions

On the ninth day of wellbeing, reflect without demand:
What do you want more of for you, as a brand new year is planned?

DAY 10 – Ten Tasks Postponed

On the tenth day of wellbeing, slow down January's pace:
Postpone a task, delegate, give breathing room and grace.

DAY 11 – Eleven Hands Supporting

On the eleventh day of wellbeing, remember you're not alone:
Supportive hands and listening ears can soften any tone.

Day 12 – Twelve Points of Permission

On the twelfth day of wellbeing, give yourself the gift of ease:
"I'm allowed to rest, say no, find joy, and take the time I need."

