



Elf Care Calendar

December 2020



We elves are great at our 'elf-care' at this busy time of year and wanted to help you with your own self-care.



Try to take some time each day to focus on you.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1 Stay in the present moment. Give your full attention to one task at a time.	2 Make a cardboard or blanket fortress & read a book in it	3 Have a PJ day	4 Look up and make a homemade face mask	5 Take 7 photographs of the beauty of nature 	6 Wrap up warm and watch the stars
7 Have a digital detox. Try not to read the news or check social media.	8 Challenge someone to make the longest paper chain out of scrap paper	9 Make a cut out snowflake 	10 Make and send a festive card for someone	11 Buy or pick some flowers/festive foliage to brighten up your home	12 Give your feet a pamper bubble bath	13 Dance or sing to really loud music / or a musical
14 Movie night 	15 Listen to a song that holds positive meaning 	16 Treat yourself to a lie in, early night or a nap	17 Get up early to enjoy a frosty morning	18 Examine an every-day object with fresh eyes. Be mindful.	19 Make a plan for a day trip to somewhere you have never been	20 Watch funny or cute animal videos on YouTube
21 Allocate an hour to yourself and do something you really enjoy	22 Start a book that you have really wanted to read	23 Listen to a guided meditation	24 Journal about something memorable this year 	25 Do some gentle stretches	26 Declutter an area ready for the New Year	27 Soothe your senses, try some essential oils 
28 Listen to new music, a podcast or read a new magazine. Be curious.	29 Simply... take some deep breaths today!	30 Look up a new joke and text it to a friend	31 Write 5 things that you are a grateful for			

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