Wellbeing Christmas Calendar
by Aalto psychologists

1. Study/work by candlelight
2. Drink glögi instead of morning coffee/tea
3. Take a break: listening to Christmas carols
4. Spot Christmas lights on a relaxed walk
5. Write a Christmas card for yourself: what would you like to wish?
6. Relax and concentrate on your breathing: take 5 deep breaths
7. Stressed about Christmas? Make a to-do-list.
8. When was the last time you got excited about your studies?
9. Reach out to a person you miss and haven’t seen for a while
10. Sit down to think about the passing year: what would you like to thank yourself for?
11. Take a walk in the middle of the day listening to The Best thing today-podcast.
12. Take a break and concentrate on your breathing: take 5 deep breaths
13. Spread a good Christmas spirit by telling someone how much this person means to you
14. Ask yourself what I need today and try to listen to your wish
15. Cut paper into snowflakes and decorate your window with them
16. Bake gingerbread or other Christmas bakesings
17. Notice the acts of compassion: how are people helping each other?
18. Sit down to think about the passing year: what would you like to thank yourself for?
19. Think about the passing year: what would you like to thank yourself for?
20. What sentence would you like to hear from others every day? Say these words to yourself.
21. Reflect the past semester: what would you like to do in the same way and what to change?
22. Have a Christmas chocolate tasting with your friends or family
23. Notice the acts of compassion: how are people helping each other?
24. Ask yourself what I need today and try to listen to your wish

Instructions:
Print the calendar and challenge yourself to save a moment for your wellbeing every day. Fill in the yellow stars with your own wellbeing challenges. Have a relaxing Christmas!