

December 2022 Self-Care Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
The flowers of the month are Narcissus and Holly. 				Pick a type of apple to eat.  Eat a Red Apple Day	Provide joy to someone in your life.  National Build Joy Day	Lite, some candles create a soothing mood.  Candle Day
4	5	6	7	8	9	10
Wear some warm and fuzzy socks.  National Sock Day	Watch a Disney movie.  Walt Disney Day	Remembering Christine McVie, play "Everywhere." 	Write a letter to your favorite person.  National Letter Writing Day	Try a new brownie recipe.  National Brownie Day	Self-Care by doing something you enjoy. 	Turn your phone on and put on "do not disturb" for a few hours. 
11	12	13	14	15	16	17
Put on comfy PJs and relax. 	Buy a Gingerbread House Kit and have fun.  Gingerbread House Day	Listen to a fun song: Feliz Navidad, by Jose Feliciano. 	Try to find fresh chestnuts and roast them.  Roast Chestnuts Day	Have a friend over for tea.  International Tea Day	Pull that sweater out and wear it.  National Ugly Sweater Day	Pancakes anyone!  National Maple Syrup Day
18	19	20	21	22	23	24
Bake Cookies Day and Hanukka Begins 	Who is your hero in your life? Let them know.  National Heroes and Heroines Day	Grab a group of friends and sing some songs on your street.  Go Caroling Day	Be positive.  Look on the Bright Side Day	Have some friends over and exchange cookies.  National Cookie Exchange Day	Snuggle up in a warm blanket and a cup of hot chocolate.  National Christmas Movie Marathon Day	You either love it or hate it. If you love it, have a cup.  National Egg Nog Day
25	26	27	28	29	30	31
Enjoy family time  Christmas Day	Start writing those Thank You cards to make someone's day.  National Thank You Day	If you have time.  Visit a Zoo Day	Call a friend instead of texting.  National Call A Friend Day	Start on that to-do list.  Still Need To Do Day	Soak your feet in Epsom salts. 	Let us Celebrate!  New Year's Eve