

12 DAYS OF  
**GETTING MINDFUL FOR**  
THE HOLIDAYS

**DAY 1**

Decorate a room - Using the senses of sight, sound, touch, taste and smell find things that help you get cozy and notice them.

**DAY 2**

Find a new tradition for your family to enjoy over the holidays like going for a walk in a forest or looking at neighbour's lights.

**DAY 3**

Take a pause on the busy days and have a luxurious and long bath. Soak your worries away and linger as long as possible.

**DAY 4**

Get a cup of tea, a journal and think of a memory of a special day in December from your past. Write it out.

**DAY 5**

Send a greeting to a friend you haven't connected with in a while - just to say hi.

**DAY 6**

Put on some fun holiday music, the cheesier the better, and dance!

**DAY 7**

Put on an apron and bake something - the act of using your hands and the smell can be so soothing.

**DAY 8**

It's Winter Solstice - celebrate the longest night with extra candles and warm cocoa! Savour it

**DAY 9**

Practice self-compassion today - say no to something and reward yourself with some kindness.

**DAY 10**

Find a creative outlet just for fun - a colouring page, paper snowflakes, a knitting project, or a clay bowl for yourself.

**DAY 11**

Get a good favourite book, get under the covers of a blanket and read an excerpt from it. Don't wait for bedtime!

**DAY 12**

Eat something today from a meal and savour each bite. Do a mindful exercise with it. Slow it down.

# A 4-WEEK ADVENT GUIDE TO GETTING MINDFUL FOR THE HOLIDAYS

## WEEK ONE - MAKE SPACE

Traditionally, the advent calendar followed a 4-week story to honour the season. You don't have to be religious or Christian to celebrate it (i'm not after all) as what we can bring to our own families in the ritual of honouring the full season. As I live in the Northern hemisphere, this is a perfect time to make space in my home for the cozy comfort i want to envelop myself in.

Week one honours the light of stones -Stones that live in crystals, seashells, and bones. So use this week to treat yourself to a new crystal, or candle and decorate your space. Have some warm blankets in abundance. Place some anchors to help be your guide as you turn inwards this season.

## WEEK TWO - TAKE TIME

This week is about the light of plants - Roots, stem, leaf, flower, and fruit by whom we live and grow. This is a perfect time to get your tree if you haven't yet, treat yourself to some live plants and cut flowers. Include in your home the life and vibrancy of greenery.

Think of some ways to give yourself nourishment this season. Treat yourself to a new tea that soothes, or a blend for your bath to heal your aching body. The Full Moon falls in this week too. Take a moment to notice its energy and sit with your journal and a good cup of tea, write down your seeds of intention for the upcoming season.

## WEEK THREE - MAKE CONNECTION

This 3rd week honours the light of beasts. - Animals of farm, field, forest, air, and seas. All await the birth in greatest and in least. You don't have to have a pet to honour the animals. Rather, you can donate some time at a local animal shelter, or have a meatless meal. You may want to cuddle with your special animal friend. Give them love, affection and support. We all benefit from loving touch and connection.

This is also the time to light a pink candle, as it is seen as a symbolism of joy and hope. You may want to spend time with loved ones and play a board game, or sing carols. Winter Solstice also falls in this week - honour the darkest day by lighting candles, donate winter clothes, volunteer, bake for your neighbours, or go to a communitiy parade.

## WEEK FOUR - TAKE REST

This is the light of humankind - The light of love, the light of thought, to give and to understand.humans We all need connection with others, and it can be hard for some of us to feel safe in that space. You may want to reach out and support someone else - is there someone in your community that is a single mother who might need your help? Can you listen, walk with them, hold space for them? If that person is you, you deserve to send yourself that same self-compassion you give others! Ask for that support.

How might your give yourself some rest - it may be a good book, a new movie, or a gentle nap. Ask yourself what you need and answer that request. Slow down and be present in your space, in the here and now moment of everyday.