Holiday well-being activities calendar

DECEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Put out at least one festive decoration.	**2** Give at least three people a compliment today.	**3** Spend 15 minutes on a hobby you enjoy.	**4** Make time for a favorite seasonal tradition.	**5** Send a holiday card to someone special to you.
6 Enjoy a favorite warm drink.	**7** Cozy up with a favorite book.	**8** Reach out to someone you care about.	**9** Thank someone who has helped you.	**10** Do a few gentle stretches to release tension.	**11** Bake your favorite festive dessert.	**12** Plan something to look forward to.
13 Ask someone to share a happy holiday story.	**14** Take today off from anything optional on your phone.	**15** Sing a festive song, alone or with others.	**16** Do something nice for a person who doesn't expect it.	**17** Reflect on what this time of year means to you.	**18** Do something creative just for fun.	**19** Take a walk to enjoy seasonal decorations.
20 Give yourself permission to rest.	**21** Share a favorite winter recipe.	**22** Name three things you're grateful for.	**23** Listen to your favorite holiday album or song.	**24** Watch your favorite holiday movie.	**25** Step outside for some fresh air.	**26** Tell someone why you appreciate them.
27 Recall a positive winter memory.	**28** Take five slow, deep breaths.	**29** Take a photo of something that brings you joy.	**30** Look through photos tied to good memories.	**31** Think about goals or hopes for 2027.		

As you move through this season, Resources for Living is here for you.

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