

**12 DAYS OF CHRISTMAS**  
*Self-care Ideas*

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Lie on your couch doing nothing.

Enjoy slow mornings while sipping your coffee.

Decorate your Christmas tree.

Go to your favorite cafe.

Shop Christmas presents.

Write down your thoughts.

Go shopping.

Spend time with your friends.

Read a book.

Take yourself out on a date.

Drink 8 glass of water.

Listen to music.

Get a body massage.

Spend time with loved ones.

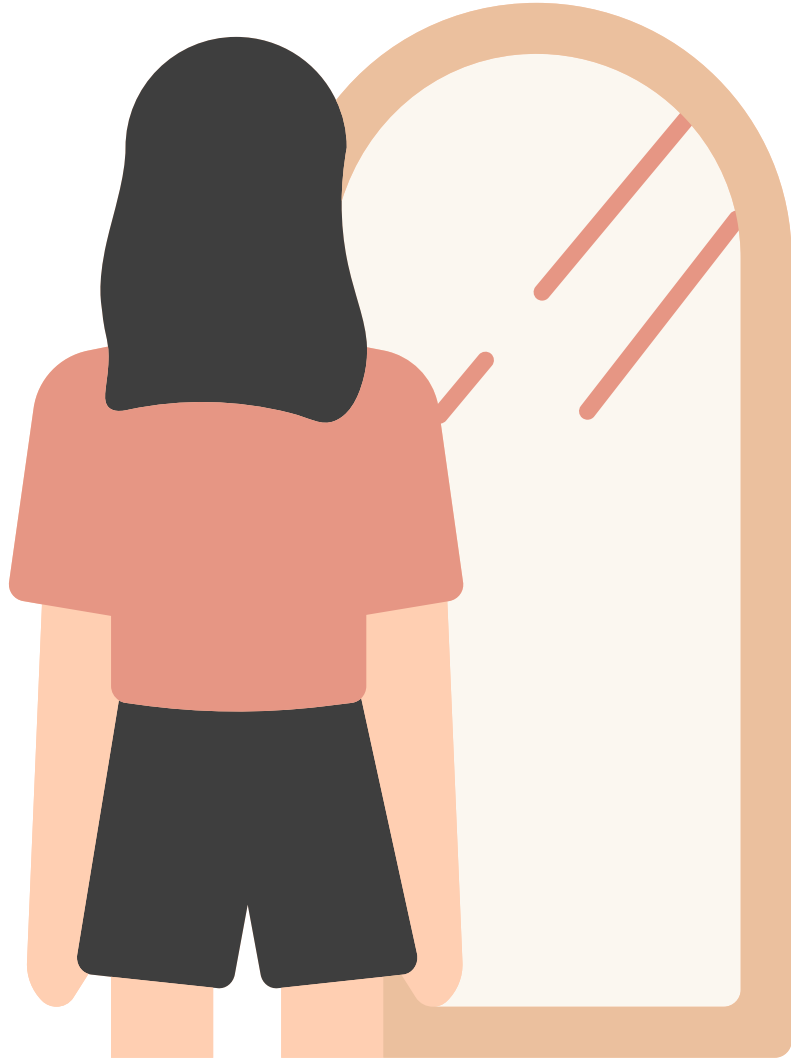
Take naps.

Reflect on Past year.





*I'm doing great!*



I am beautiful.