

Holiday Self Care



Treat yourself
to nature



Taste the
goodness of life



Write your
new story



Get wrapped
in bear hugs



Highlight the
tiny things



Bake for
yourself



Wear your
attitude



Unfurl good
wishes



Hold a party in
your hands



Award stars for
your growth



Set a vision for
the new year



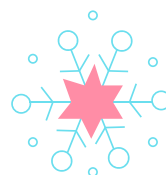
Indulge in some
music therapy



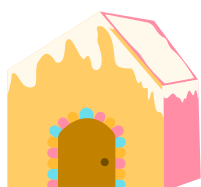
Let books
whisk you away



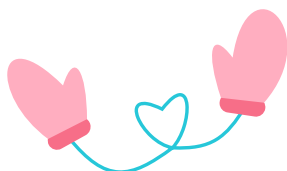
Throw light
on the
good things



Flake out on
some plans -
it's okay to rest



Rejoice in
your space



Pull your loved
ones closer



Take a nap, or
two - who's
counting?



Stumble - but
have fun!



Hang up all
your hang-ups