

- 1**
Ask someone how they're feeling, and listen to their answer
- 2**
Go for a walk in the forest for 30 minutes
- 3**
Have a candle-light dinner
- 4**
Go in to town and look at the Christmas displays
- 5**
Watch a Christmas movie
- 6**
Let someone skip the line
- 7**
Play board games and eat gingerbread cookies
- 8**
Offer to help someone in need
- 9**
Think a positive thought about yourself
- 10**
Call someone you haven't talked to in a long time
- 11**
Listen to Christmas music and dance!
- 12**
Send a Christmas greeting to someone you care about
- 13**
Bake Christmas cookies or saffron buns
- 14**
Give praise to a friend or fellow student
- 15**
Go for a power walk and think about all the good things you've done during the year
- 16**
Give someone a big hug!
- 17**
Write down 3 things that you are grateful for
- 18**
Sort out something you can pass on
- 19**
Write an encouraging comment online
- 20**
Say "Thank you" to someone
- 21**
Ask for help with something you find difficult to manage on your own
- 22**
Have Christmas fika outdoors
- 23**
Wrap Christmas presents
- 24**
Start your day with a de-stressing walk