



12 DAYS OF SELF-CARE 'til the Winter Solstice

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 Prize Draw: Participate in this activity sheet and then <u>enter your name into our random draw, on or before Tues., Dec. 23,</u> and you could win a self-care prize pack. The winner will be contacted in 2026.	3 Order ONE free <u>Calm Strip.</u> OR Take ONE minutes to review these <u>Winter Safety Tips.</u>	4 Take TWO minutes to review the <u>GoodLife corporate discount</u> and <u>request your free pass!</u> OR Take TWO minutes to learn where your closest <u>Emergency Health Safety Station</u> is located.	5 Send THREE <u>Holiday e-Cards</u> OR Send THREE <u>Thank you e-Cards</u> OR A combination of both.	6
7	8 Take FOUR minutes to gather your colleagues to participate in the <u>Door Decorating Contest.</u> OR Take FOUR minutes to add <u>Healthy Habits</u> with Hunter to your device.	9 Take Five with this <u>Mindfulness Practice</u> OR Take FIVE minutes to review these <u>Ergonomics Resources</u>	10 Take SIX minutes to review upcoming <u>Wellness Events</u> and register today! OR Take SIX minutes to review upcoming <u>Professional Development</u> opportunities and register today! OR A Combination of both.	11 Enjoy a <u>Stretch Break!</u> Watch and follow along with this <u>SEVEN minute video</u> OR Give out SEVEN compliments!	12 Drink at least EIGHT cups of water today! OR Take EIGHT minutes to review the <u>Engagement Opportunities web page.</u>	13
14	15 Take NINE minutes to declutter your desk. OR Take NINE minutes to review the <u>Puzzle Lending program</u> and request a puzzle.	16 Take TEN minutes to review the <u>Mental Health Action Plan.</u> OR Contribute \$10 towards the <u>Annual Candy Cane Sales</u> in support of the Student Relief Fund.	17 Take ELEVEN minutes to review <u>managing holiday stress</u> and <u>keep it simple this season</u> articles. OR Spend ELEVEN minutes colouring using this <u>colouring page!</u>	18 Spend TWELVE minutes writing your goals for 2025. OR Spend TWELVE minutes calling a friend or family member!	19 BONUS: Still have holiday shopping on the to-do list? Visit the <u>Employee Perks and Discounts web page</u> to check out the offerings such as Perkopolis!	20