

CHRISTMAS COUNTDOWN

Simple Self-Care for Busy Teachers:

Festive edition

01



FESTIVE FOOT SOAK

Fill a basin with warm water, add a drop of peppermint oil or a holiday bath bomb, and relax your feet while listening to soft holiday music, or watching your favourite Christmas film.

CHRISTMAS PREPARATIONS

Spend the evening listening to Christmas tunes while you wrap presents, or write Christmas cards, with a cup of your favourite festive drink. Getting ahead will make this less stressful!



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A WARM & COSY READ

Curl up under a blanket with a mug of hot chocolate or tea and dive into a good book—or even better, read a Christmas story, there's lots to buy in The Works for a great price!

WATCH A CHRISTMAS CLASSIC

Watch a Christmas movie or special, to ease into the evening. Perhaps even get yourself some snacks for the evening, or a comfort food dinner, like a mini roast dinner, or slow-cooker stew.

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TREAT YOURSELF TO A PAMPER EVE

Treat yourself to a face mask, foot mask or maybe even a festive bath bomb (they have lots of delightful choices in Lush!) and light a Christmas-scented candle.



A TASTY TREAT

Bake something simple and festive! Or instead, maybe just treat yourself to a ready-baked goodie from the shop. Lots of stores have frozen cookies for example, you can bake fresh at home!

06





LIGHT IT UP

Turn off your main lights, switch on some fairy lights or your Christmas tree, and just sit quietly enjoying the ambience with a warm drink or a good book. Even better if you can, light a fire.

GRATITUDE

Spend 5 minutes reflecting on three good things you enjoy about the festive season—big or small. Write them down in a journal if you have one, or on your phone.



GET CRAFTY

Create something simple, like homemade ornaments, or Christmas cards, or try a mindful colouring page with a festive theme ([like the ones on Teacher Toolbox](#)).



SIP & SAVOUR

Make a Christmas-themed drink (e.g., [mulled wine](#), or [mint hot chocolate](#)), sit down under a blanket, and enjoy it without distractions.



FESTIVE FLOW

Do a 10-15 minute yoga stretch. Here's an example for you to try: [15-Minute Flow Into Christmas](#).



SET TOMORROW'S TONE

Lay out a cosy or cute Christmas outfit, or prep a special treat for tomorrow's morning routine—it'll make the next day feel festive and fabulous before it even begins.



Keep your eye out for hyperlinks within this PDF to lead you to some suggested ideas!