DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Look at a stranger today and silently say: "Just like me, this person wants to feel safe, happy, and connected."	2 Hold a warm mug, and feel connected to the millions of others doing the exact same thing today.	3 When you hear laughter today, pause and let it lift you. Joy is contagious when we let it in.	4 Practice kindness toward yourself when the day's plans go off-script! We are only human.	5 Pause for three slow breaths regularly today, sharing the same air with every being around you.
6 Put away distractions in your next conversation and simply listen. Undivided attention is a gift.	7 Pause for three slow breaths regularly today, sharing the same air with every living being around you.	8 Notice the window lights tonight—small signals from home to home reminding us we're connected.	9 Do a gratitude body scan and notice how it feels to be inside in the warmth.	10 Silently note the shared humanity of fellow shoppers as you walk through a busy street.	11 Take a quiet moment to look up at the winter night sky and be mindful of the stars.	12 Take a mindful walk and embrace the cold as it tingles on your face.
13 Pause over your morning drink today in gratitude for all the human hands that brought it to you.	14 Dance mindfully and with joy to your favourite festive song, (even if it really cheesy!)!	15 Whether it's carolers or dinner chatter,pause today to enjoy human voices coming together.	16 Spend sixty seconds simply gazing at the glow of fairy lights in a dark room	17 Whether it's carollers or dinner chatter, pause today to enjoy human voices coming together.	18 Send a festive message today to someone who would love knowing they are on your mind.	19 Offer a warm smile and genuine thank-you to someone working hard in the December rush.
20 Relax from the holiday bustle - soften your shoulders and anchor yourself with three slow breaths.	21 Before diving into a mince pie, take a few mindful breathes to savour its aroma, and then texture, and taste.	22 Wrap gifts slowly, noticing the texture of the paper and holding warm wishes for the recipient.	23 Wish warmth and ease to yourself, loved ones, anyone struggling this season, and the wider world.	24 Carve out ten quiet minutes tonight to rest in the collective stillness settling over homes everywhere	25 Pause before opening a card or gift to savour the simple joy of anticipation. Let in any joy!	26 The season can be full on, so make time today to rest and do nothing!
27 Notice the crisp crunch of frost or fallen leaves beneath your boots on a winter walk.	28 Make a list of 5 things you are grateful for this festive season.	29 Make today a day of nourishing, relaxing activities	30 Bring to mind those who supported you this year and silently thank them	31 ***Midwinter Practice Day starts today***		

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