

HAH! BINGO

"HOLIDAYS ARE HARD"

Walk out your front door - no destination, simply walk for 5 mins.	Play a song while brushing your teeth, something you haven't listened to in a long time but love.	Put on a favorite music album while doing dishes or folding laundry.	While waiting in line at the grocery store or post office, text a friend "I love you."	Say yes to an invite - even a community event that you saw online.
Say no to an invite - even to family or best friend you would have never said no to before.	Walk or bike a street you never have before. something safe, but follow your curiosity.	Spend 10 minutes drinking your coffee/tea and doing nothing else (can stare at fireplace or trees).	Take a bath, or a warm shower. Feel the water. Listen to the water. Wash your body slowly.	Watch a favorite movie that is NOT holiday themed. Invite a friend to join if that sounds nice.
Make your favorite healthy meal, and invite someone over to enjoy it with you. No phones, no TV.	Eat a favorite snack in silence. No distractions. Focus on the taste, texture, crunch, moisture - ask yourself why you like this snack.	 <p>dirt & tears</p>	Do something in your home you've never done before - read on the floor, stretch in a different room, eat a meal somewhere else.	Go for a walk on a trail, but walk slower than you ever have before. Feel your bones in your feet. Listen to the sound your feet make on the ground.
On a piece of scratch paper or a notebook, cover it in doodles, words, dreams, gratitude. Create a messy collage, just for you.	Pick ONE trip you've been wanting to do and feels achievable. Go online or to the library and find one thing you could do while on this trip - one activity, one hotel to stay in, one restaurant.	Walk outside at night in the dark and look up at the stars. No stars? Find a tree or a building and observe how different it looks at night. Can you find the moon?	Write one sentence about how you feel in the morning, one mid-day, and one at the end of the day before bed. Three sentences total.	Ask a friend for a music artist or album recommendation - be specific if you want something energetic or mellow. Listen to one entire album consecutively.
What's the best book/movie/show you've enjoyed in the last two months? Recommend it to someone you know who would enjoy it.	Stretch your body for 5 minutes in bed, on the floor, or on a towel. Stretch your arms, shoulders, back. Move and stretch whatever feels good, gently.	Get in bed an hour earlier than you normally do. No screens. You don't need to go to sleep. Read, listen to music, call a friend. Enjoy your bed.	What is a soothing or happy scent for you? If essential oils, rub on your wrists and neck morning and night. Cookies, dirt, whatever it is, get that scent, and breath it in all day.	Book a massage, acupuncture, reiki, or other treat. Look into new professionals needing training hours if you can't afford the investment. Or, add it to your holiday wish list!