

Holiday Advent Calendar

Youturn is a not-for-profit charity and the lead agency for headspace Bundaberg, Caboolture, Gympie, Maroochydore and Toowoomba. Youturn was started 30 years ago to support young people in South East Qld.

DAY 1

Create a gratitude jar and fill it with things for which you are grateful during the month

DAY 2

Make a list of things that have helped you cope with difficult times. Look back at it when you need it most

DAY 3

Sit outside, take deep breaths and soak up a bit of sun

DAY 4

Go on a smile collecting mission, starting with a smile in the mirror

DAY 5

Download a guided meditation app like Smiling Mind (its free) and try it out tonight before bed

DAY 6

You are **STRONG**. Think of 3 ways you have displayed strength and perseverance this last year

DAY 7

Get up early and find somewhere quiet to appreciate the sunrise, then treat yourself to a good breakfast this morning

DAY 8

Listen to music that makes you smile or brings back a good memory. Turn it up and dance!

DAY 9

Clean your social media from people who don't bring you joy

DAY 10

Try and swap some junk food for something nutritious. Focus on eating healthy today

DAY 11

Take a mindful walk in nature. Notice what you see, hear and smell

DAY 12

Write down 5 reasons why:
YOU ARE AMAZING

DAY 13

Today and every day try to spend 1 minute focusing on your breathing

DAY 14

Spring clean and declutter your room, then reward yourself with your favourite snack

DAY 15

Volunteer to help clean up around your neighbourhood, beach or park

DAY 16

Digital Detox challenge. How long can you go? Switch it all off for one day, find other ways to spend your time, even if its' doing nothing

DAY 17

Be creative. Cook, draw, write, paint, make or inspire

DAY 18

Be **BRAVE** and introduce yourself to a new friend. Gift them with your full attention

DAY 19

Find and cut out pictures and positive words to make a vision board of your goals

DAY 20

Get a good nights sleep and hit the sack early. Challenge yourself for the rest of the week

DAY 21

Create #youturnrocks and place them around your neighbourhood

DAY 22

Connect. Call up a friend, or visit a neighbour

DAY 23

Wake up and S-T-R-E-T-C-H then start your day with the most important thing on your list

DAY 24

Write down three people you are grateful for and why.. then tell them and start with "I think you are **AWESOME**..."

DAY 25

Take your shoes off, get your feet on the ground and connect to nature

DAY 26

Write a letter to your future self, put it away to find later in time

DAY 27

Make space for emotions – its okay to feel sad, frustrated or angry. Give yourself time to process

DAY 28

Plant a seed, flower, herbs or a tree today... Don't forget to water it regularly

DAY 29

Write a list of positive "I am" statements and stick them on your bathroom mirror; eg. **I AM WORTHY**

DAY 30

Sit down and read your notes from your gratitude jar. What are you grateful for?

Congratulations on completing your 30 day Mental Health Challenge!