December Self-Care Guide

12 Gentle Days of Rest & Renewal

Little Lessons Learned by Dana

A faith-filled, one-page printable for the busiest month of the year

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❄️Welcome

December can be meaningful **and** overwhelming. This simple guide is your reminder to slow down, breathe, and care for yourself—without guilt. These small practices are meant to support your heart, body, and spirit during a full season.

Use what serves you. Leave what doesn't. Grace is the goal.

🌲12 Days of Gentle December Self-Care

(One small practice a day — no pressure to do them all)

☐ Sip a warm drink slowly and thank God for a quiet moment

☐ Step outside for fresh air and notice one beautiful thing

☐ Say **no** to one thing that drains your energy

☐ Rest without explaining or apologizing

☐ Write down 3 simple blessings from today

☐ Light a candle and sit quietly with your thoughts or a prayer

☐ Reach out to someone who feels safe and encouraging

☐ Allow yourself to feel exactly what you feel

☐ Watch or read something comforting and familiar

☐ Move your body gently — stretch, walk, breathe

☐ Do one small thing just for *you*

☐ Go to bed earlier and give tomorrow to God

🦬For Tender Hearts

If December carries grief, loneliness, or stress, you are not weak—you are human. God meets us in our weariness, not our perfection. Be especially gentle with yourself this season.

✨Reflection or Prayer

Lord, help me slow down and notice Your presence in the middle of this season.

🌟A Gentle Reminder

You don’t need to do more to be worthy of rest. You don’t need to feel cheerful to belong. You are allowed to take up space—even in December.

Little Lessons Learned by Dana *Encouragement for real life, faith, and the everyday moments that shape us.*