



# Autumn 2 Half Term - Self-Care 2025

The Christmas season is a time for joy, connection, and reflection, but it can also feel busy and overwhelming. Remember to be kind to yourself—rest when you need to, and take breaks try not to feel pressured to be perfect. Kindness starts within, and when we care for ourselves, it's easier to share that kindness with others. A simple phone call, a smile, a helping hand, or a few words of encouragement can make a big difference to someone's day. Let's make this festive period 2025 about compassion, understanding, and looking out for one another. Together, we can create a season filled with warmth and kindness. Wishing you all a very merry Christmas and happy new year! Kind regards Mr T

## December Kindness 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2026				

ACTION FOR HAPPINESS

Happier · Kinder · Together

Supporting you Wellbeing over winter- Blogs of the month

[Tips for everyday living | Christmas coping tips | Mind](#)

[Self-care gifts for the festive period - BBC Bitesize](#)

[Top tips for looking after your mental health at Christmas | Mental Health Foundation](#)

[Holiday Self-Help Survival Guide - Mary Frances Trust](#)





**Remember, no matter how you feel, there is always someone to talk too!**

\*CHILDLINE--<https://www.childline.org.uk/>...**0800-1111**·open·24hrs/7·days·a·week  
 \*SAMARITANS--<https://www.samaritans.org/>...**116-123**·open·24hrs/7·days·a·week  
 \*NHS·Mental·Health·Line·**0800-0309-500**·open·24hrs/7·days·a·week  
 \*SHOUT---Text·**85258**  
 \*YoungMinds--·text·YM·to·85258·-27hrs/7·days·a·week·<https://www.youngminds.org.uk/about-us/contact-us...>



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE



#StayAlive

**YOUNGmINDS**  
fighting for young people's mental health

**Self-harm**—what have you planned as your distraction techniques—go for a walk, make someone a cup of tea, bake some cakes, walk the dog, look at your favourite photos, doodle/draw .....or engage with the *CalmHarm* app

