



WELLNESS ADVENT CALENDAR

DECEMBER 2022

SET NEW INTENTIONS

Reflect on the past year and think about five life-enhancing goals you would like to achieve in the next 12 months. Break them down into small achievable steps and make a plan of action.

01

REVIEW YOUR LIFESTYLE

Think about your lifestyle and how you can bring healthier habits into your daily life. Begin by introducing small changes, so you enter the new year having progressed.

02

TAKE A WALK IN NATURE

Pause for a moment to appreciate the joy of nature's soothing rhythms making use of all your senses

03

DIGITAL DETOX

Take a break from social media, put your phone down and restrict your access to digital distractions for a day. Meet a friend and share laughter and love instead.

04

EXPRESS GRATITUDE

Think of someone you are grateful for and the things you share that wouldn't have been the same without that special someone. Take a moment to send a message of gratitude to your loved one.

05

LEARN TO COOK A NEW DISH

Avoid processed foods which can be high in sugar and preservatives. Try cooking a healthy recipe from our library at kamalaya.com

06

PRACTICE STRETCHING

Spend a few minutes or half an hour doing some light stretches to release the tension from your neck, shoulders and back. Take a deep breath and relax.

07

CREATE INSPIRING SPACE

Declutter and tidy an area of your home or workspace that has been bothering you. Doing this will also help to clear your mind and make you feel good.

08

DEEPEN YOUR SLEEP

Enjoy a cup of calming herbal tea instead of coffee today and avoid other stimulants, swap screen time for a good book before bed.

09

SHAKE YOUR BODY

Dance to your favourite song like nobody is watching and remind yourself not to take life too seriously. Dancing and shaking the body help to release suppressed emotions.

10

SHARE LOVING KINDNESS

Let someone know how much you love and care about them either face-to-face or via digital means, it is the sentiment that counts. Be the reason someone smiles today.

11

GO VEGAN

Have a plant-based day today, avoid all animal protein and enjoy a vibrant dish full of vegetables. Score a point for each vegetable and fruit you have during the day.

12

ENGAGE IN MINDFULNESS

Take a stroll outside, enjoy a meal or spend a few minutes being still. Really focus on what you are doing, your thoughts and feelings, and sensations in the body.

13

CULTIVATE HARMONY

Find three simple ways to increase your productivity so you can leave work on time and pursue a hobby you always dreamed about or exercise.

14

DO YOUR FAVOURITE THING

Spend some time today doing something that makes you truly happy, and cultivate joy and happiness in your heart to share with your family and friends during the festive season.

15

STAY FULLY PRESENT

Multitasking can sometimes cause us to subconsciously switch to auto-pilot mode. Try focusing on one task at a time then reward yourself for each completed task.

16

ENJOY THE MOMENT

If you are going out with friends this weekend, avoid having alcohol and be fully present in the moment. Enjoy it as it is, without using stimulants to create joy.

17

TRY SOMETHING NEW

Take a yoga class or go salsa dancing. Trying new things increases motivation and productivity. Get creative and do something for the first time in your life.

18

SMILE AT STRANGERS

Smiling reduces stress levels and boosts self-esteem. Remind yourself of the positive things in your life and share smiles with others.

19

SET TIME FOR MEDITATION

Sit upright and relax with your eyes closed for ten minutes. Focus on your breathing, body sensations and feelings. Gently bring your mind back if it wanders.

20

LET GO OF OLD THINGS

Go through your clothes and things and let go of the items you no longer use. Take the collected things to a donation centre or someone you think might find them useful.

21

RECONNECT WITH YOURSELF

Becoming more self-aware helps us reach our full potential. Take a moment to sit with yourself and focus on your inner thoughts and feelings. Is there something you wanted to do

22

EAT MINDFULLY

Keep all distractions away while eating and focus on the food you consume enjoying every bite. Listen to your body's hunger and satiety signals.

23

SERVE OTHERS

Giving can be as rewarding as receiving. Experience joy by exchanging gifts with your loved ones or by giving some of your time and attention to someone you care about.

24

NURTURE A FRIENDSHIP

Take a friend out on a date, set all distractions aside and spend an hour of high quality time engaging with the person of your choice.

25

CALL A LOVED ONE

Call someone you really care about. Share stories, listen to each other and benefit from the close support network of those that love you could provide.

26

RIGHT HERE, RIGHT NOW

Instead of looking forward to the future or ruminating past events, take time today to pause and enjoy what is happening in the present.

27

SUSTAINABILITY

Extend your loving kindness to our mother Earth, recycle your waste for a day. Or go for a walk in nature and collect plastic on the way.

28

REAFFIRM YOUR SELF-WORTH

Cultivate positive energy for yourself by adopting an affirmation that resonates with you the most. For example – "I value and respect myself. I am gentle and caring to myself." Repeat daily.

29

DO SOME JOURNALING

Spend an hour journaling using free writing, sit in a comfortable place where you will not be disturbed and write whatever comes to mind.

30

SURRENDER AND RECEIVE

Open your heart to new possibilities and opportunities, surrender to the universe and believe that what is meant for you will come at the right moment. Take a leap into a new year full of faith, joy and happiness.

31

NOTE: STAY ON TRACK

Get inspired to commit to your health and wellness goals by following us on social media for more life-enhancing content and ideas.

MON

TUE

WED

THU

FRI

SAT

SUN