

DECEMBER 2020

RECOVERY ADVENT CHALLENGE

#recoveryadventchallenge2020 on Instagram

Join our private FB group - VIVED Recovery Advent Challenge 2020

Tag us | Insta: @vanislevoicesforeds | FB Page: Vancouver Island Voices for Eating Disorders

SUN	MON	TUE	WED	THU	FRI	SAT
		1. Start the holiday season with setting some intentions/goals for December. Check out @lookingglassbc's self-care campaign for December	2. Bring some holiday cheer to your workplace, home, or other spaces through a little decoration.	3. Create a holiday movie night! Make a list of your favourite holiday movies & shows to work through in the coming weeks.	4. Pay it forward. Do a small kindness for someone else (like paying for the next person's Starbucks order). Just make sure to follow COVID-19 precautions.	5. Have a listen to eatcakepod's 2019 holiday episode (find them anywhere you listen to your favourite podcasts).
6. Go for a walk and notice the details around you (call a friend to chat, or go with someone inside your bubble). Just make sure to follow COVID-19 precautions!	7. ETry making a Christmas themed drink or ordering the thing you've been eyeing from the coffee shop. Ensure to follow COVID-19 precautions	8. Do some holiday baking (and sampling of said baking - the best part).	9. Write out some positive notes/reminders/quotes to put up in the spaces around you (where you are able to do so). Be careful to wash your hands and follow COVID-19 precautions	10. Find 3 things you're grateful for about the holiday season (you can write them down for yourself and/or share using #recoveryadventchallenge2020).	11. Treat yourself to something peppermint-inspired!	12. Take some space and time to get back to a practice you love (maybe it's setting aside time to read, doing some art, yoga, etc.)
13. Have a holiday card-making or crafting date with friends or family via Zoom!	14. If you are able to, see what foodbanks/ shelters are operating in your community and what they might need (e.g. non-perishable food items, certain sized clothes, etc.)	15. Enjoy a cup of hot cocoa or tea and curl up with a book or show.	16. Create a collection of your favourite quotes for hard times (write them down, share via social media, create a collage, etc.)	17. Have a gingerbread house making party solo or with friends/family in your bubble or via Zoom. (See the latest government guidelines on gathering.)	18. Have yourself some eggnog/eggnog-inspired beverages.	19. Go to a festival of lights or find another holiday event in your community to attend if it is safe to do so (e.g. stay in your car, maintain social distance, wear a mask, etc.)
20. See if you can sign up for some holiday volunteering in your community.	21. Decorate and enjoy some Christmas cookies.	22. Tell the people in your life what you love about them (and that you love them).	23. Go see some Christmas lights in your neighbourhood or drive around!	24. Connect with others in the ways you can.	25. Engage with the holidays in whatever ways feel real, important, and safe for you. Take some time to carve out space from the festivities for yourself if you need.	26. In the wake of the festivities, take some space and time to practice self-care (however that looks for you.)
27. FHave some fruitcake or another holiday favourite	28. Write down 5 things you love about yourself, are proud of yourself for, or are grateful for.	29. Have some Christmas chocolate (what's your favourite?)	30. Spend some time reflecting on this year and the steps you've taken.	31. Spend some time thinking about the year to come, hold hope in your heart in the face of uncertainty.		

Please remember to follow provincially and federally recommended COVID-19 precautions when participating in any challenges.

"Be calm. Be kind. Be safe" - Dr. Bonnie Henry