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DECEMBER 2022



			MONTH OF GIVING	1	2 WATCH A RELAXING MOVIE	3
4 WHAT IS GUIDED IMAGERY?	5	6	7 LETTER WRITING DAY	8 BURN A CANDLE (IF SAFE)	9 CHRISTMAS CARD DAY	10
11 HAVE A CUP OF TEA OR HOT COCOA	12	13 COCOA DAY	14 HOW TO MAKE A ZEN GARDEN	15	16 TAKE A NAP	17 USE A WHITE NOISE MACHINE
18	19 ESSENTIAL OILS	20	21	22 GETTING THROUGH THE HOLIDAY SEASON	23 ENJOYING THE HOLIDAYS WHEN YOU ARE ALONE	24 CHRISTMAS EVE
25 CHRISTMAS DAY	26 CANDY CANE DAY	27	28 TAKE A WALK	29	30 RESOLUTION PLANNING DAY	31 NEW YEAR'S EVE