



A December self-care calendar for your clients



[VIEW YOUR CALENDAR](#)

As we look forward to the upcoming festive season, it's important to be aware of the impact the busy period can have on our wellbeing.

Our wellbeing team have put together a self-care calendar for your clients to use throughout December, which includes daily self-care tips to nurture their wellbeing right up to Christmas.

Check out the calendar below – we encourage you to share this resource with your clients, and make the most of the extra wellbeing services available through our mobile app Breeze.

