

LILY

8 Chanukah HUGS

from Project Lily

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Eight small ways to look after your wellbeing this Chanukah. Try the ideas that work for you and make a little time for yourself and those around you.

NIGHT 1

Enjoy a Little Treat



Sometimes it's *noticing* the little things that bring us joy. Whether it's a latke, a doughnut, or another favourite treat - take a moment to enjoy it. Put aside distractions and ***savour the moment.***

Why? It turns eating something into a mindful activity, rather than simply wolfing down a doughnut!

NIGHT 2

Make Someone's Day



A few kind words can go a long way. Think of someone you appreciate and tell them something you admire about them. It could be a friend, a family member, a colleague, or someone who has made a difference in your life - you never know how much your appreciation might mean.

NIGHT 3

Take Time to Relax



Take a few minutes to unwind with Progressive Muscle Relaxation. This simple technique involves gently tensing and releasing different muscle groups to help your body relax. Our blog has a great video that gives you all you need at projectlily.org.uk/blog - why not give it a try?

NIGHT 4

Chanukah Gratitude



Take a moment to think of three things you're grateful for. They don't have to be big things – there are so many things, large and small, that make a real difference. It could be a hot shower, a joke that made you smile, or simply having a moment to yourself.

NIGHT 5

Share a Little Joy



Make time to do something you enjoy *with someone else*. Play a game, cook together, listen to music or share a favourite activity. Sometimes the simplest shared moments can bring the biggest smiles.

A little wellbeing insight: social self-care is an important part of looking after ourselves. Find out more at *projectlily.org.uk/blog*

NIGHT 6

Reach Out to Someone



Fancy a huge Win:Win? Take a moment to reach out to a friend, family member, neighbour, or someone you've **not seen in a while.**

Strong social ties reduce stress, boost mood, and are associated with greater happiness, slower cognitive decline, and even longer life expectancy.

NIGHT 7

Get Outside and Notice the Little Things



Getting outside can do wonders for our wellbeing. Take a little walk and challenge yourself to notice five things you might usually overlook. It could be the winter sky, a colourful shop window, or the lights of a chanukiah in a window. You might be surprised by what you spot!

NIGHT 8

Pause and Check In



As Chanukah comes to an end, take a little time to pause. How are you feeling? What has brought you joy? Is there one small thing you've tried during these eight nights that you'd like to continue?



In the depths of winter, it's good to know that looking after your wellbeing needn't be hard or time-consuming. Small steps really can make a big difference. And best of all, for most people self-care isn't a chore – it's enjoyable!



Project Lily is all about improving the Jewish community's wellbeing.

Find out about our free classes, webinars, online resources and more at

www.projectlily.org.uk

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