

HOW TO SPEND CHRISTMAS ALONE

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PROPERTIES



01. Plan Ahead

Think ahead and get together everything that you might need. Don't check out of Christmas altogether.

Reach out to friends or work colleagues who may also be on their own this Christmas or check out local events for others that are solo at Christmas

02. Connect



03. Treat Yourself

Buy yourself some gifts! You don't have to wrap them up but use them for the first time on Christmas day.

Start the day with some fresh air and exercise. You will feel like you have achieved something, your mood will have a boost and you will not feel so alone.

04. Exercise



05. Volunteer

There are lots of organisations that require volunteers on Christmas Day. Or be a secret Santa and make a donation to a favourite charity.

Allow space to have a spiritual moment. Check out your local church service times or tune into an online church service.

06. Visit a Church



07. Connect Online

Use a video call to check in with family or friends. You could even keep up Christmas tradition and play a game during the call!

Take the time to cook a favourite meal or try that new recipe you have fancied for a while. This is one day you have the kitchen to yourself!

08. Cook



09. Entertainment

Christmas day is the perfect day to catch up on that box set you haven't had time to watch. Just don't spend all day crying along to emotional Christmas films!

Take the time to dream and plan for next year. Write down some goals for the year ahead and a short plan of how you will achieve them.

10. Future



Read the full post at <https://newmillsproperties.com/how-to-spend-christmas-alone-in-your-shared-house/>