

# TAMING OLIVIA



## CHRISTMAS SELF-CARE PACK.

[www.tamingolivia.com](http://www.tamingolivia.com)



# Christmas

## SELF-CARE PACK



**W**elcome to the Taming Olivia Christmas self-care pack! This pack has been designed to help you relax and to remind you of the wonderful self-care activities you could use this Christmas to help you feel relaxed, grounded, distracted... whichever serves you best.

**W**e hope you find it helpful!

**S**ending you all loads of love for this holiday and season, however it looks for you.



***WE'RE REALLY LOOKING  
FORWARD TO SEEING YOU IN  
2024!***



# Christmas elf-care

## SUDOKU

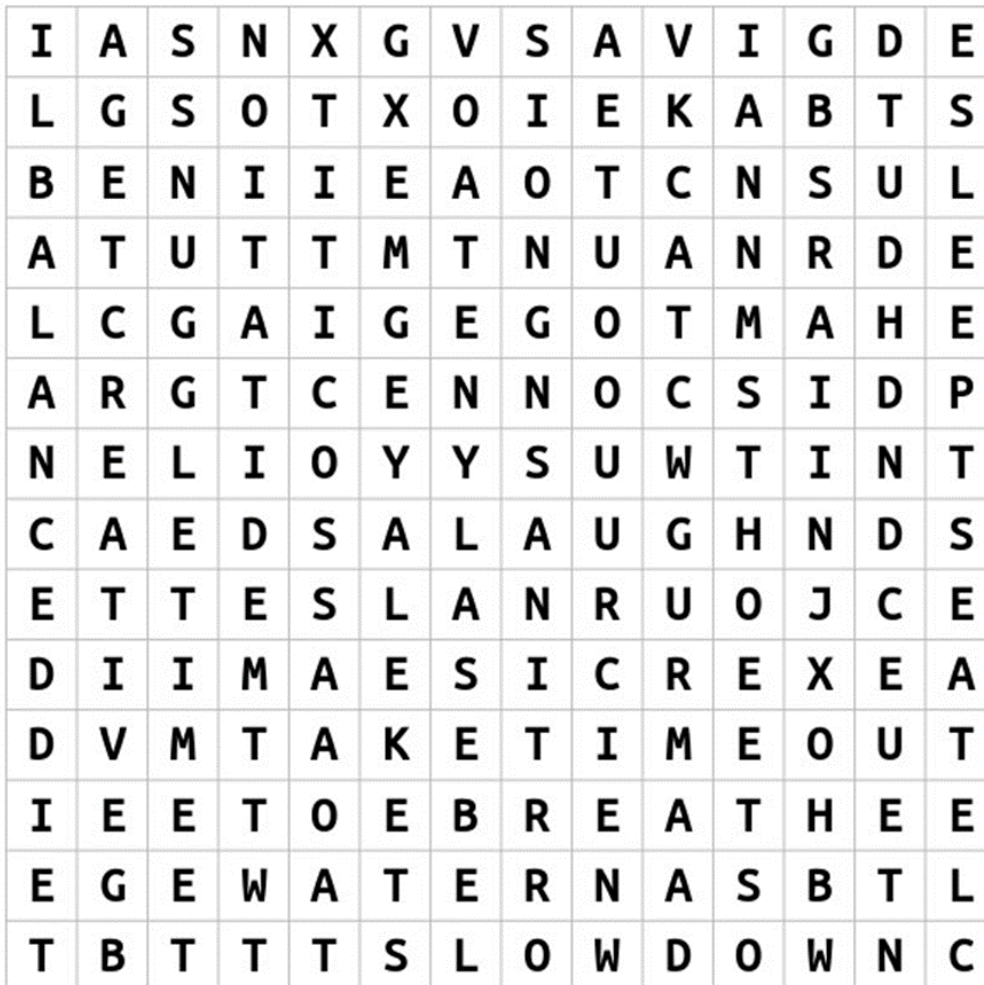
The goal of Sudoku is to fill the cells with numbers from 1 to 9. The numbers are placed in 9 squares, 3x3 each, and so, in each row, each column and in each small square there are 9 cells. The same digit can be used only once in each separate row, column and in each small square.

					8			4
	8	4		1	6			
			5			1		
1		3	8			9		
6		8				4		3
		2			9	5		1
		7			2			
			7	8		2	6	
2			3					

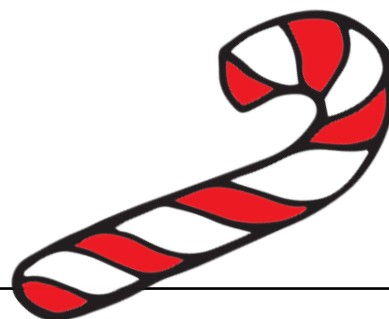


# Christmas elf-care

## WORD SEARCH



BAKE  
SAY NO  
CONNECT  
VITAMINS  
SNUGGLE TIME  
GO OUTSIDE  
BREATHE  
WATER  
MEDITATION  
BALANCED DIET  
GET CREATIVE  
SLEEP  
SLOW DOWN  
TAKE TIME OUT  
EXERCISE  
JOURNAL  
DANCE  
LAUGH



# Christmas elf-care

**COLOUR AWAY**

