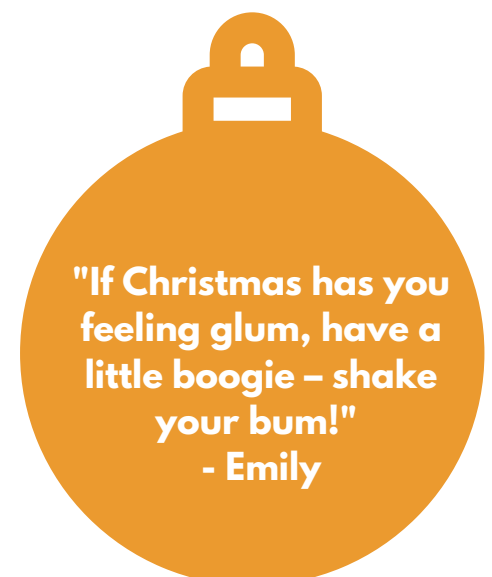


# Make your own alternative Christmas Decorations!

Take inspiration from these quotes from Healthy Minds group participants and service users to create your own alternative decorations this year.



Use the blank baubles to write, doodle or draw your own alternative Christmas decorations! Cut them out and use them to decorate your house, window or tree, give to a friend or neighbour, or just use them to write some positive affirmations for yourself this festive season. And feel free to send us a snap of your wonderful creations!

We would love to see them and share your quotes and creativity. Email a pic or tag us on social media:

[info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk) | [f@HealthyMindsCalderdale](https://www.facebook.com/HealthyMindsCalderdale) | [t@HealthyMindsCW](https://www.tiktok.com/@HealthyMindsCW)

