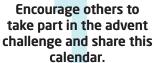# Meningitis Now Advent Challenge
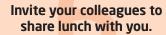
Advent is the start of the festive season, so let's celebrate each day with a challenge to get you in the Christmas spirit!

1 Encourage others to take part in the advent challenge and share this calendar.

2 Play your favourite Christmas song and sing/dance your heart out!

3 Support Meningitis Now, by purchasing or sharing the website link to our Christmas cards.

4 Practise self care, run yourself a bubble bath and treat yourself to a pamper.

5 Write a post about why you're supporting Meningitis Now and share this on your social media pages.

6 Invite your colleagues to share lunch with you.

7 Tell a person that you admire, what it is you value about them.

8 Take a photo of something that makes you smile and share this with your work friends.

9 Cosy up on the sofa and enjoy your favourite Christmas film.

10 Bake some delicious Christmas cookies to share with your colleagues and loved ones.

11 Share a news story from Meningitis Now's website and help us raise awareness of meningitis.

12 Make a donation to your local food bank, or donate an unwanted gift to Meningitis Now, as a raffle prize.

13 Host a crazy Christmas hair day. Dig your hair accessories out and let your imagination run wild. Ask your colleagues to vote for the best creation in return for a donation.

14 Take time to ask a colleague how they are today and really listen.

15 Take a break from your digital devices and enjoy some screen-free time.

16 Make yourself a hot chocolate and snuggle up with a good book.

17 Wrap up warm and go for a walk.

18 Wear your Christmas jumper to work, to spread some festive cheer! Take some office selfies and share them with the Meningitis Now team.

19 Leave a random gift on a colleague's work desk, to spread some festive joy.

20 Host a "tea at three" break. Take time to catch up and connect with your teammates.

21 Light a Christmas candle in memory of all the loved ones lost to meningitis.

22 Treat yourself to a hot chocolate with cream, marshmallows, the works!

23 Make a stranger's day and carry out a random act of kindness.

24 Take a moment to reflect on all you have achieved this December.

Merry Christmas!

Meningitis now