

# Season of Care Gift List

The winter season is filled with many holidays. For some people, holidays can bring additional stress and we tend to forget to take care of ourselves emotionally, mentally, and physically. Here are some gift ideas to spread care to those you love.

Jade roller

Lavendar Spray

Journal

Face mask

Candle

Plant

Fuzzy socks or slippers

Rose water face spray

Herbal tea

Himalayan salt lamps

Essential oils and diffuser

Heat pad

Crystals

Sage

Sun lamp

Weighted blanket

Healthy snack box

Beard oil

Shaving kit

Fidget toys

Sand garden

Mindfulness cards

Foot bath

Yoga mat

Motivational water bottle

Sunrise alarm clock

## RECOMMENDED READS THAT MAKE GREAT GIFTS

- The Gifts of Imperfection by Brené Brown
- Fierce Self-Compassion by Kristin Neff
- Mindful Moments for Busy Moms by Sarah Rudell Beach
- The Art of Gathering by Priya Parker
- What Happened to You? By Bruce D. Perry and Oprah Winfrey

