



# Saber Curious

NEW HAMPSHIRE

Gift Guide

The year is winding down and the holiday season is in full swing. While you may be thinking about gifts for parents, partners, and pets, we're here to remind you to take care of yourself, too! While we all have our wish lists, let's also focus on self-care gifts that go beyond toys and treats. Take a minute to tune into how your body and mind are feeling.

**This season, treat yourself to the gift of...**

# A Creative Spark

A person wearing a white short-sleeved shirt and a dark grey apron with white paint splatters is rolling out a piece of light-colored dough on a wooden table. The person's hands are positioned on either side of a wooden rolling pin. The background shows a wooden chair and a blurred workshop environment.

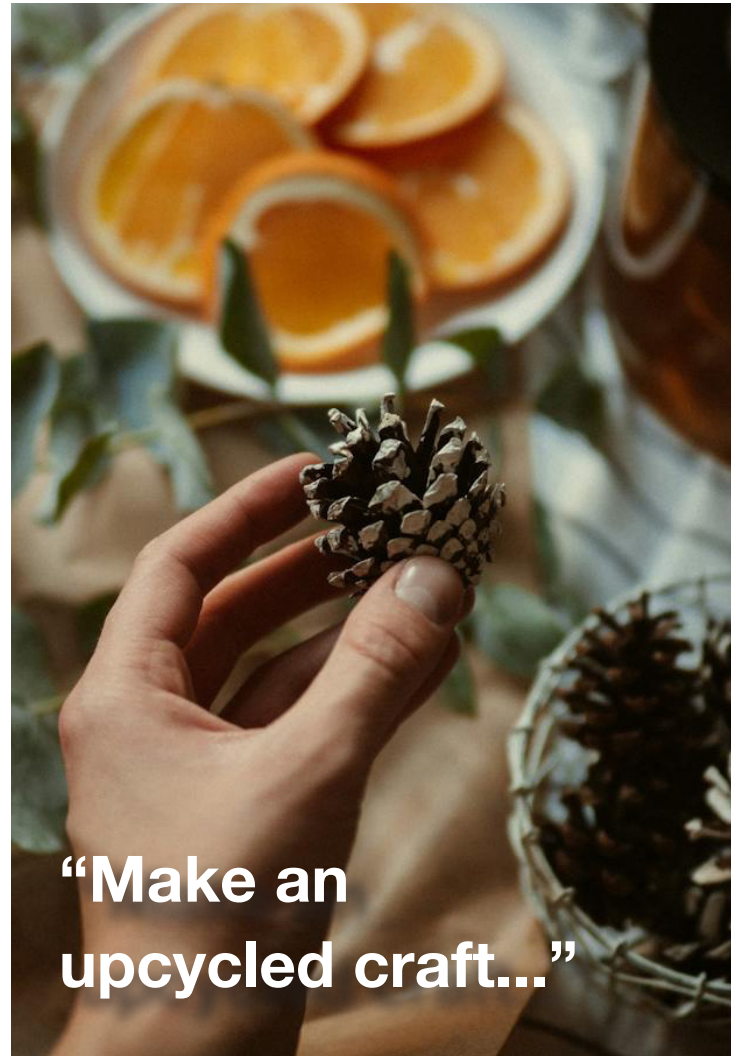
*If you're looking for a new hobby  
or outlet, these are for you!*

## **Make upcycled crafts:**

Using pinecones, toilet paper rolls, cardboard boxes... everyday items we might normally throw out or pass by have any number of repurposed possibilities.

## **Start a daily doodle**

**sketchbook:** Check out hundreds of free, printable coloring pages [here](#).



**“Make an  
upcycled craft...”**



**Take up a 30-day writing challenge:** Take up a 30-day writing challenge: You don't have to be an aspiring author to give this a try! [These daily prompts](#) challenge you to start small, using details from your own experiences.

**Explore art therapy:** Embark on a journey into art therapy- a transformative and therapeutic avenue where creativity becomes your tool for self expression and stress relief.

# A Clear Mind

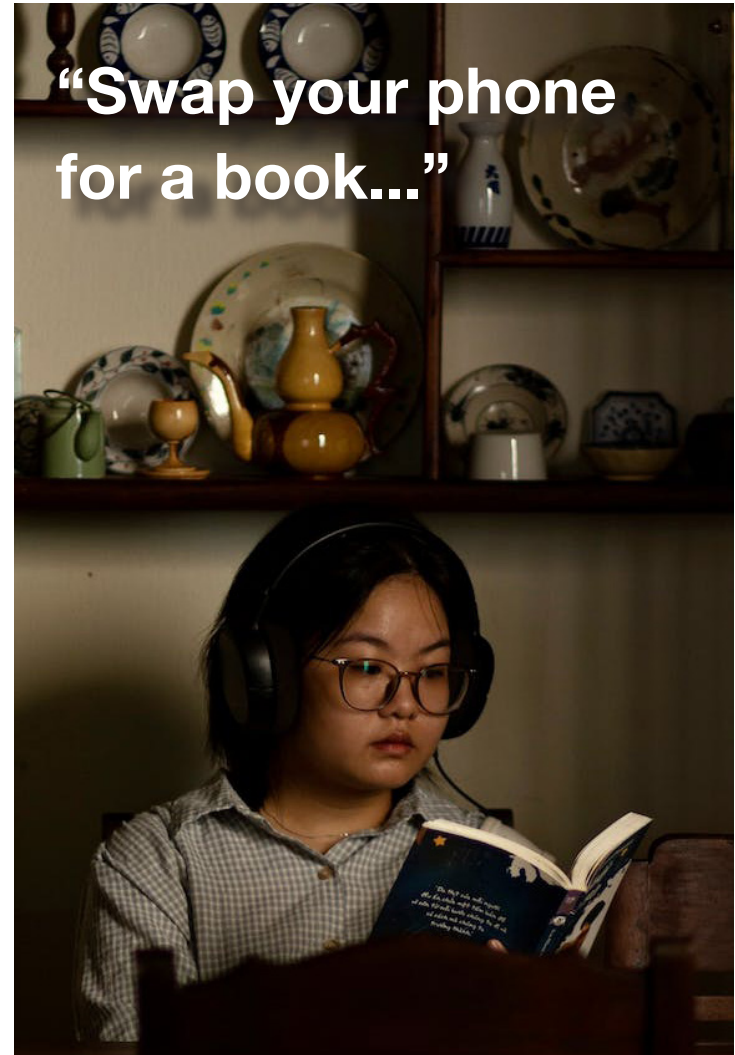
A man with a beard and short hair, wearing a white turtleneck sweater and brown pants, is sitting on a brown leather couch. He is looking down at a smartphone in his hands. The background is a modern living room with a large grey shelving unit filled with books and decorative items. The lighting is warm and indoor.

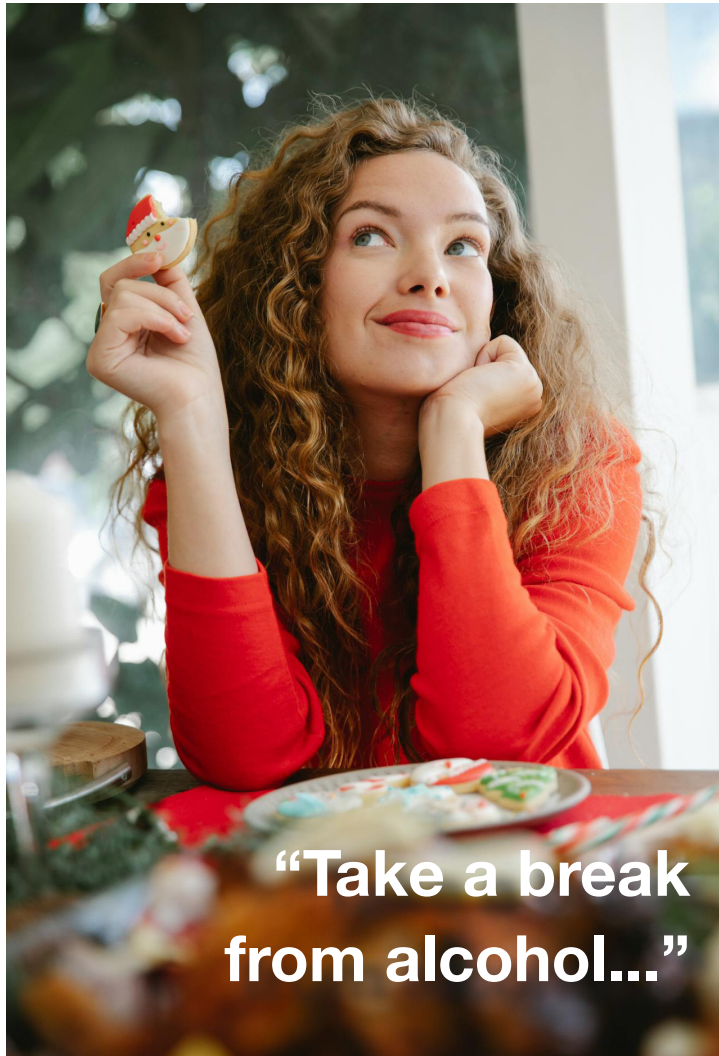
*Feeling stressed or overwhelmed? Consider giving one of these strategies a try!*

## **Commit to a monthly meditation challenge:**

Commit to a monthly meditation challenge: Even if you only spend a few minutes meditating, this practice can help restore calm and balance. Try out apps like [Headspace](#) or [Calm](#), or browse Youtube!

**Swap your phone for a book before bed:** Reducing screen time can enhance the quality of your sleep, ensuring you wake up feeling refreshed and well-rested.





**“Take a break  
from alcohol...”**

**Phone a friend:** Connection is so important in today’s ever-changing world. Take the opportunity to catch up, share some laughter and exchange updates on life.

**Take a break from alcohol:** Whether a week, two weeks, or a month, stepping back from alcohol can reduce mental fog and improve mental health.



# A Tasty Treat

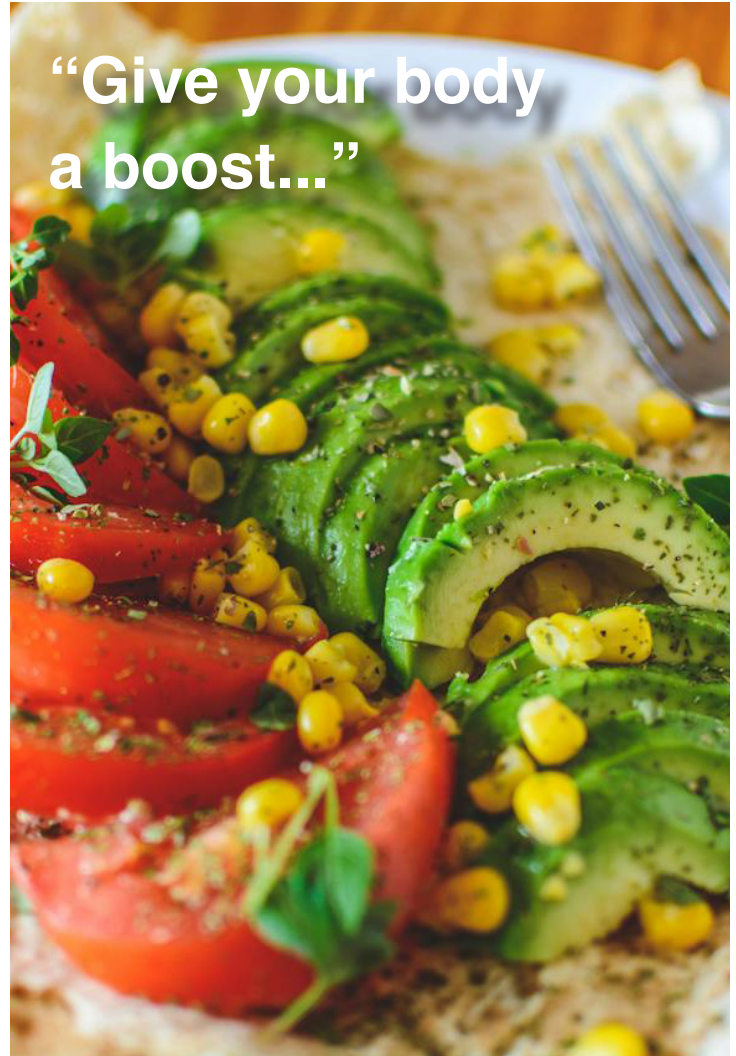


*There are only so many nights we  
can order out and so many times we  
can make grilled cheese...*

“Give your body  
a boost...”

**Try a new veggie recipe  
each week:** Give your body  
a boost of natural nutrients,  
vitamins! Here are some  
[vegetarian recipes](#) to help you  
get started.

**Make a homemade soup:**  
The [perfect comfort food](#) this  
winter. Easy, healthy, and tasty.





**Bake cookies from scratch:** Move over, Betty Crocker! [Homemade cookies'](#) possibilities are endless and delicious.

**Mix up a new drink:**

Mocktails are a fun, alcohol-free way to up your beverage game.



**“...up your  
beverage game...”**

# A Fresh Start



*It's never too late to hit restart.*

A woman with long dark hair, wearing a dark, heavy winter coat, stands in a snowy forest. She is smiling slightly and looking towards the camera. The background is filled with snow-covered evergreen trees, creating a soft, wintry atmosphere.

“Improve how  
you feel...”

**Take a 30-day break from alcohol:** Putting drinking on the backburner for a while can improve how you feel and free up time for new hobbies. (Pine cone crafts, anyone?)

**Talk to your doctor:** Your doctor will be able to give you the answers and resources to support you with questions related to drinking.

# A New Adventure



*Mixing up where and how you spend your time can shift your perspective.*

**Visit a museum:** Immerse yourself in the vibrant world of art, exploring the rich stories and creativity behind each masterpiece. Whether in person or through virtual exhibits, a museum visit can ignite inspiration and open a window to new perspectives.

**Take a hike:** learn something new about the landscape around you! Winter hiking in New Hampshire is no joke, but there are trails out there for hikers of all levels. Check out [AllTrails](#) for some inspiration!







**“Fresh air and  
fresh fish...”**

**Try ice fishing:** Fresh air and fresh fish? What’s not to love?

**Try ice skating:** Slide around on the ice, enjoy the cold breeze, and have some simple, chill fun. Whether you’re a pro or a newbie, it’s a cool way to have a good time!

Taking time for yourself during the busy holiday season is important. We hope this gift guide helps you eat well, explore more, and take care of your body and mind.

**Which gifts are you giving yourself this year?**