

Gift Guide

A Tasty Treat: Give your body a boost!

Gifts to give yourself for a healthier, happier holiday.

Saber Curious

A Creative Spark...

A New Adventure...

A Fresh Start: Improve how you feel!

A Clear Mind...



2020 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!

We all have our wish lists, and there are many ways we can give back to ourselves. Not only through toys and treats, but by listening to how our bodies and minds feel.

This season, consider giving yourself the gift of...

A Creative Spark

A close-up photograph of a hand holding a black pencil, drawing a highly detailed and ornate design in a sketchbook. The design features intricate, swirling patterns and flame-like motifs, resembling a stylized flame or a decorative crest. The sketchbook is open, and the drawing is on the left page. The background is a dark, textured surface, possibly a wooden desk. The overall lighting is warm and focused on the drawing process.

*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: a sketch a day keeps imagination in play!



*“Make an
upcycled craft...”*



“Explore art therapy...”

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: a creative, therapeutic outlet through which you can express and de-stress yourself!

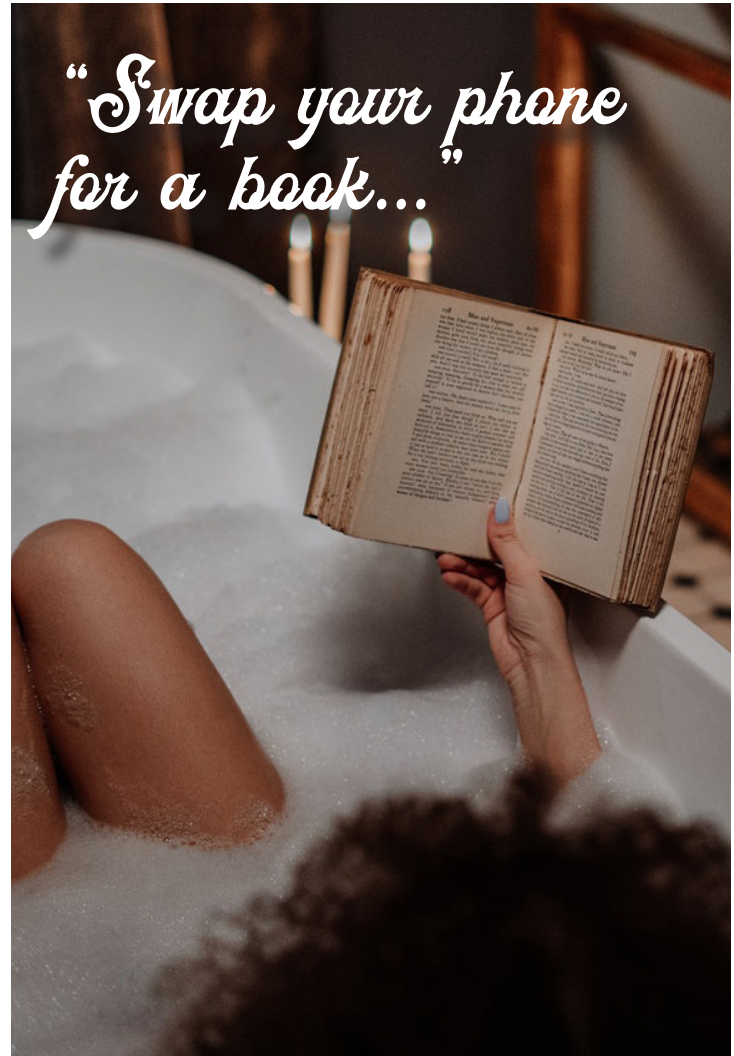
A Clear Mind

A woman with dark hair tied in a bun, wearing a red long-sleeved top, stands with her hands clasped in a prayer position. She is looking upwards and to the right with a serene expression. The background is a soft-focus outdoor setting with green foliage and a light-colored wall.

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

Commit to a monthly meditation challenge: even if you only spend a few minutes meditating, this practice can help restore calm and balance.

Swap your phone for a book before bed: limiting screen time before bedtime can improve how well you sleep, leaving you well rested.





*Video chat with a friend
you haven't seen in a while:*

connection is important and tricky to navigate right now. Check in with a friend to share a laugh and life updates.

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 close-up photograph of a rustic, terracotta-style bowl filled with a vibrant orange soup. The soup has a slightly grainy texture and is garnished with fresh green cilantro leaves. To the left of the bowl, a single yellow-orange bell pepper is visible. The background is dark and out of focus, suggesting a kitchen or dining setting.

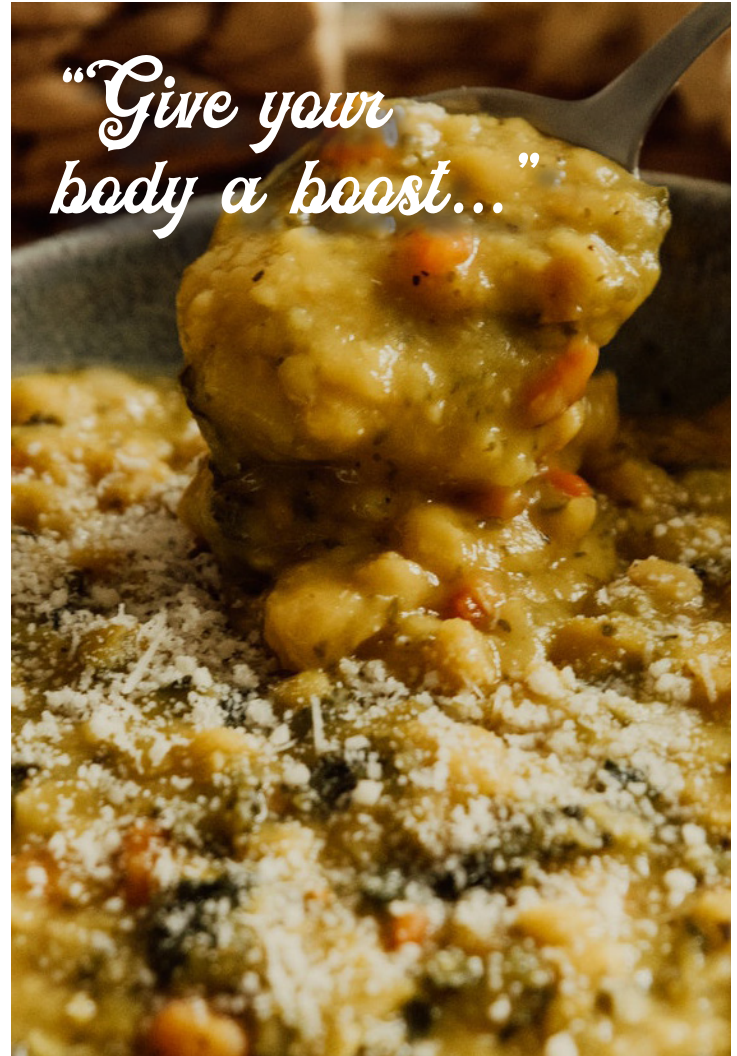
A Tasty Treat

*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

A skier wearing a blue jacket, brown pants, and a helmet with goggles is standing in a snowy field. The skier is looking upwards and to the right. The background features a large, snow-covered mountain range under a blue sky with light clouds. In the foreground, there are some dry, brown grasses and a patch of snow.

It's never too late to hit restart.



*“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 winter landscape featuring a snow-covered mountain peak in the background, a dense forest of evergreen trees in the middle ground, and a sunburst effect on the right side. The scene is bathed in soft, golden light, suggesting a sunrise or sunset. The sky is a pale, clear blue.

A New Adventure

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

Visit a museum: when was the last time you looked at a painting?

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?

Go for a bike ride: hit up your local park’s bike trails! Check out [MTB Project](#) to explore what’s out there.

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?