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A HEALTHY HOLIDAY BOOST FOR YOUR FAVORITE CAREGIVER

Providing care to a loved one can be a demanding, exhausting, and emotional experience. Often caregivers struggle to find time and/or energy to take care of even the most basic of needs. This holiday season give your favorite caregiver a small gift of kindness to let them know they are being thought of and appreciated. Below are just a few ideas that can be tucked into a small gift bag or colorful basket.

Food (non-perishable)

Nuts or trail mix with nuts and dried fruit, protein bar, peanut butter or almond butter with whole grain crackers, dark chocolate cocoa mix, cinnamon graham crackers, a gift card to a local café or restaurant that delivers

Physical activity

"Fun" shoe laces (wild colors or designs), pedometer, stretch band, hand grip, portable water bottle, handwritten invitation to go (fill in the blank - walking, dancing, swimming, bowling, Frisbee tossing, etc.)

Sleep

Eye mask, lavender sachet or linen spray, ear plugs, CD of lullabies, A comfy neck pillow, blanket, fuzzy socks, a dream journal

Self-care (stress relief)

CD of nature sounds, list of affirmations, massage oil or scented hand lotion, stress ball, adult coloring book or puzzle book, gift card for housecleaning, lawn care or child care

Mood (emotional)

Small journal with a nice pen, bath salts, aroma diffuser (lavender, vanilla, sandalwood), herbal tea, a simple "I care about you" card

