



No Worry, No Stress Gift Ideas

Books to Increase your Emotional Wellness:

My Perfect Life by Lucas Wolfe - <https://lucasawolfe.com/>

Find the Good: Unexpected Life Lessons from a Small-Town Obituary Writer by Heather Lende - <https://www.amazon.com/Find-Good-Unexpected-Small-Town-Obituary/dp/1616201673>

(Don't) Call Me Crazy: 33 Voices Start the Conversation about Mental Health by Kelly Jensen - <https://www.amazon.com/Dont-Call-Me-Crazy-Conversation/dp/1616207817>

Radical Compassion by Tara Brach –

<https://www.amazon.com/Radical-Compassion-Learning-Yourself-Practice/dp/0525522816>

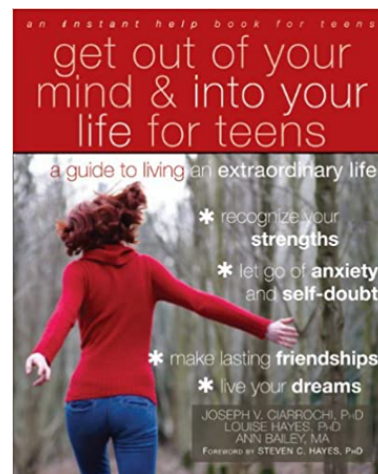
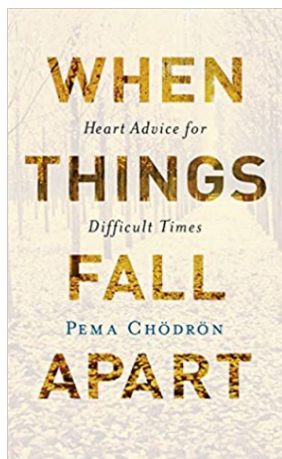
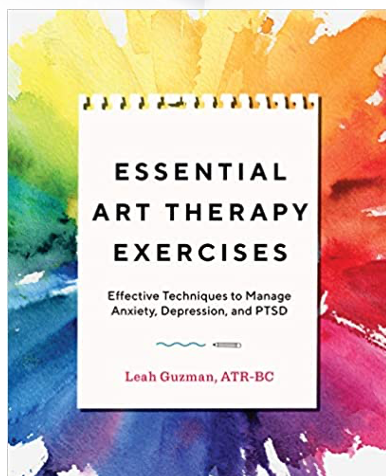
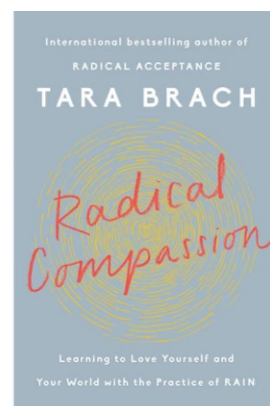
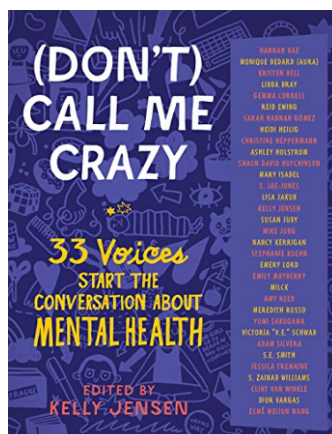
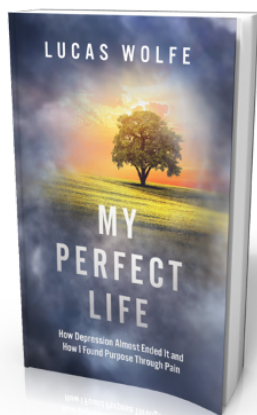
Essential Art Therapy Exercises by Leah Guzman –

<https://www.amazon.com/Essential-Art-Therapy-Exercises-Techniques/dp/1646111621>

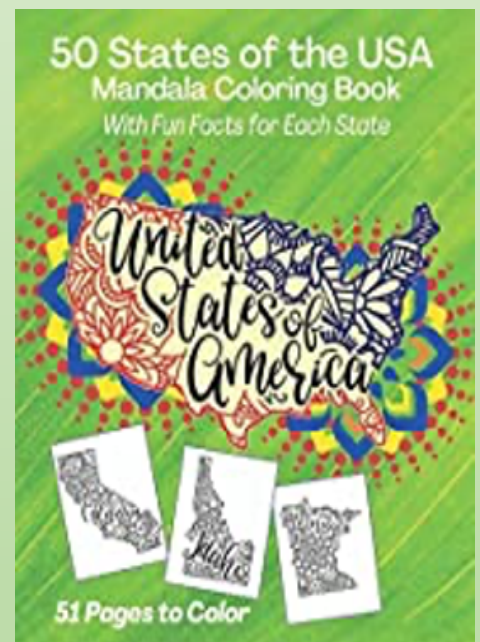
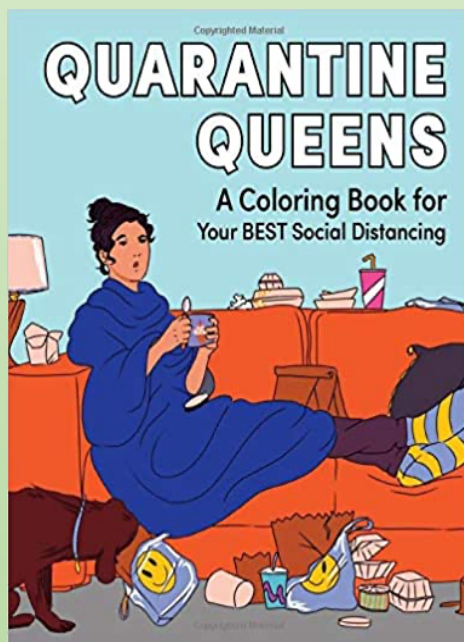
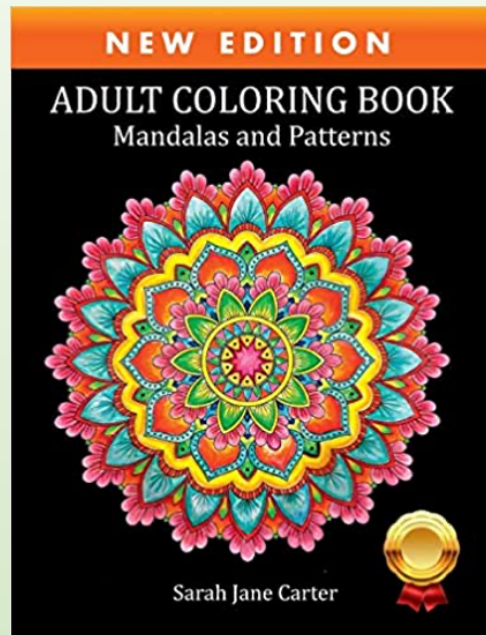
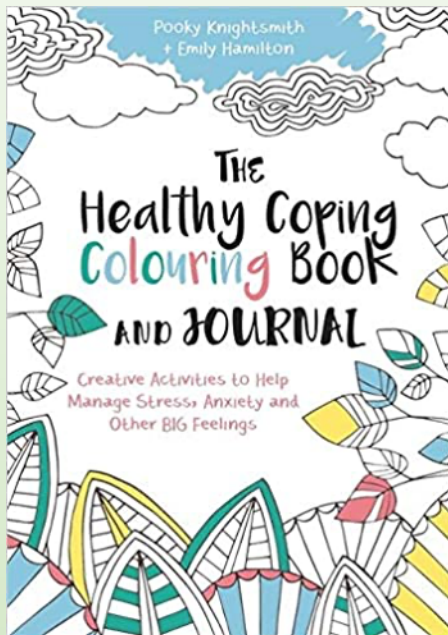
When Things Fall Apart: Heart Advice for Difficult Times by Pema Chodron -

<https://www.amazon.com/When-Things-Fall-Apart-Difficult/dp/1611803438>

Get Out of Your Mind and Into Your Life for Teens by Joseph V Ciarrochi & Louise L Hayes & Ann Bailey - <https://www.amazon.com/Your-Mind-Into-Life-Teens/dp/1608821935>



Coloring Books:



Therapy Dough:



Guided Journals:

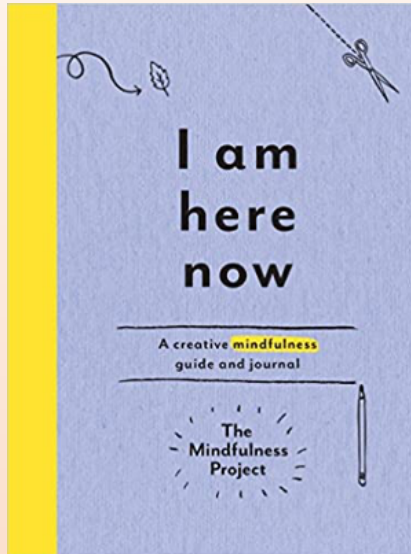


Pockitudes - <https://www.pockitudes.com/>



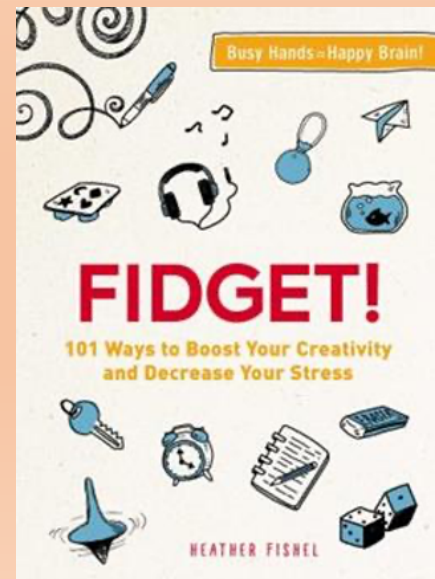
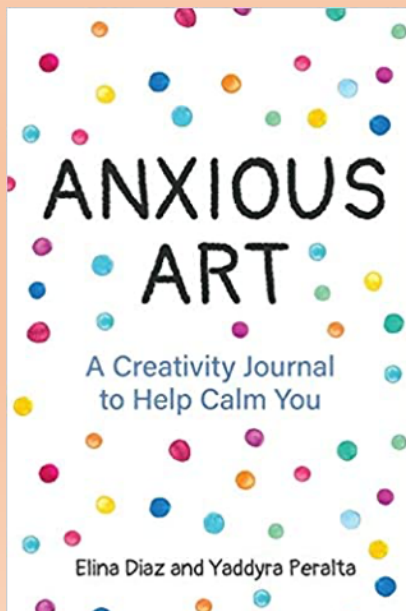
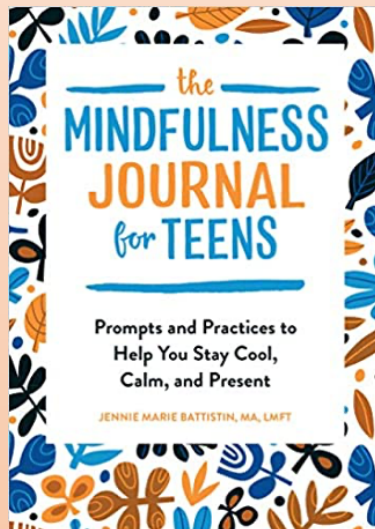
The Morning Sidekick Journal –

<https://www.amazon.com/Morning-Sidekick-Journal-Routine-Building/dp/0692726713>

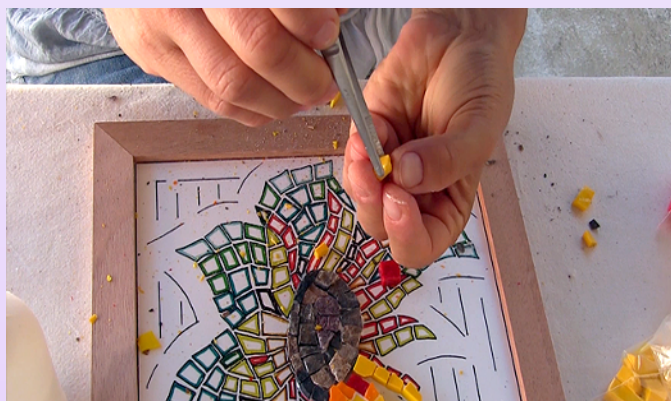
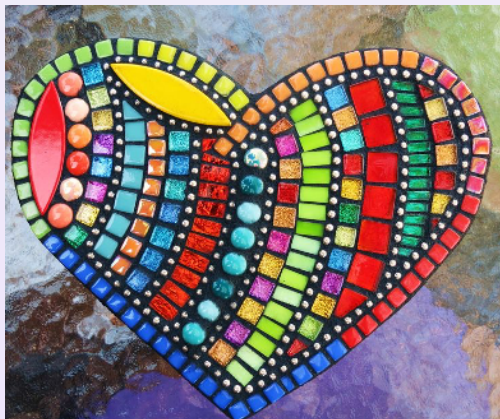
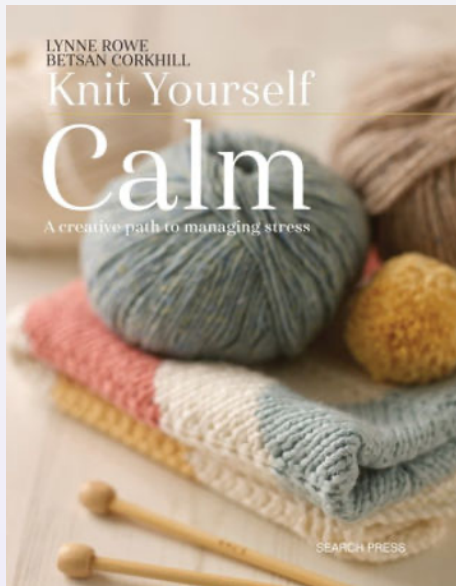


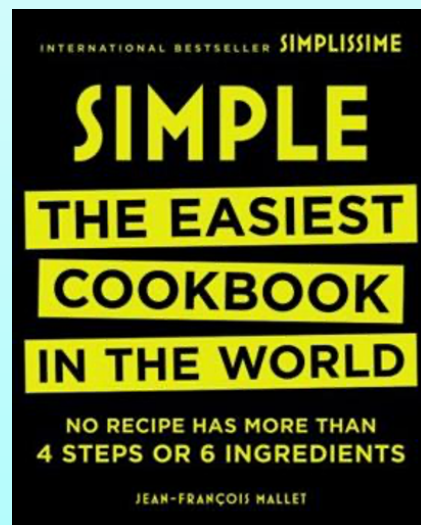
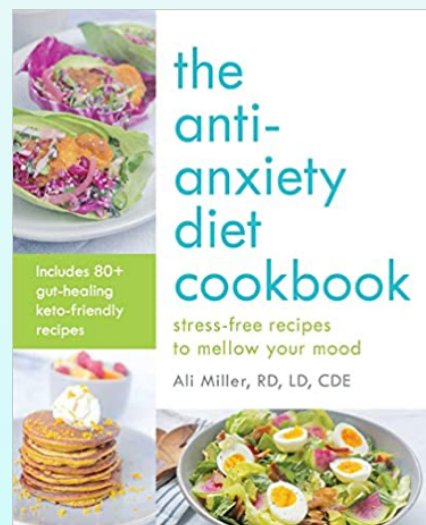
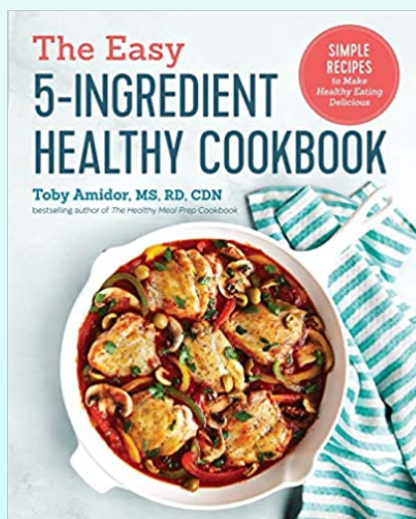
I am here now –

<https://www.amazon.com/Am-Here-Now-Creative-Mindfulness/dp/0399184449>



Creating for Emotional Wellness:





Fitness Gifts:

