



## Holiday Stress: Recession Stress-Buster Gift Ideas

by award-winning author / stress-relief expert Susie Mantell

### Holiday Stress: Stress-Busting Holiday Gift for Everyone on Your List!

Award-Winning Stress Relief CD, "*Your Present: A Half-Hour of Peace*," soothes away layer after layer of stress, sleeplessness, worry, and depression. Buy-5-Get-1-Free at [www.relaxintuit.com/cd.asp](http://www.relaxintuit.com/cd.asp)

### Wait! There's More!

- A Massage, Facial or Pedicure
- A Supply of Paper Plates
- Soothing Music
- Theater/Concert Tickets
- Movie Rental Gift Certificates + Microwave Popcorn
- Yoga/Watercolor /Tai Chi/Dance Classes
- A Basket of Bath Oils, Candles, Herbal Teas, Bubble Bath
- Night Out: Recipient's Choice
- Surprise Weekend Getaway
- Import an Old Friend for a Weekend
- Baby-Sitting Time
- Mindless 'Brain Candy' Books or Videos
- Spa Weekend
- Health Club Membership

### Freebies! Create Home-Made Coupons to Be Redeemed "Whenever"

- One Chore-Free Week
- Back/Foot/Head-Rub
- One "Do Not Disturb" Day
- Setting the Table for a Week
- Dishes Done for a Week
- One Day of Child-Care
- 2 Hours of Supportive Listening
- Geisha-Style Bath & Shampoo
- All-Weekend "Control" of Remote Control
- 3 Carpool Shifts
- Favorite Dinner in Bed
- Blindfolded Surprise Treat
- One Big Smooch
- Make Up Your Own!

### Wish-Gift Book

If finances are tight, or a loved one is too far away to send as many gifts as you wish you could, make a mutual agreement to each cut out pictures from catalogs and magazines of all the wonderful things you *wish* you could give to one another. Make a very special book, and wrap it beautifully. There is sweetness in this exchange, especially if you embrace the belief that "*It's the thought that counts.*"

© 2000, 2008, 2010 Susie Mantell, Relax Intuit™ LLC. All Rights Reserved. Federal law prohibits use of this content in whole or in part without the express written consent of Relax Intuit™ LLC. For permission to use, please email the complete text of the specific article and its requested use to [info@relaxintuit.com](mailto:info@relaxintuit.com). *Award-winning stress-relief expert Susie Mantell is the author of the exquisitely soothing relaxation audiobook, "Your Present: A Half-Hour of Peace," clinically approved to relieve symptoms associated with health-related, work-related, chronic and traumatic stress. Featured in The Los Angeles Times, NBC, ABC, CBS-TV, Town & Country, The American Pain Society, Hazelden and The Susan G. Komen Breast Cancer Foundation, listeners include The Mayo Clinic, Memorial Sloan-Kettering, The Betty Ford Center, V.A. Hospitals and Canyon Ranch ("#1 Spa"--Conde Nast Traveler). Customizing stress-reduction for Fortune 500 companies, distinguished medical centers and spas, Mantell's multi-sensory, mind-body techniques appear in national media, medical and corporate publications. Susie Mantell's stress-relief & wellness tips are intended as an adjunct to, not a substitute for, professional health care. Order "Your Present: A Half-Hour of Peace" and enjoy more of Susie Mantell's stress-relief tips at [www.relaxintuit.com](http://www.relaxintuit.com)*

