

Gifts that unwind, nourish and motivate

5.

Prioritising relaxation and maintaining motivation can be a challenge. Help your loved ones, colleagues and friends by giving gifts that help them unwind, detox and stay motivated. The SCPN has a few ideas for you...

UNWIND



Bath oils

A poetry book – humour,
garden, romance, childrens

Aromatherapy gifts – hand
creams, body oils, masks

Sleepy time tea and a hot
water bottle

Foot massager



NOURISH

Olive oil or great Scottish rapeseed oil Herb vinegars for salads Nuts Fruit (and veg!) baskets Mixed packets of seeds Spice ranges (reduced salt)

MOTIVATE



Hand or ankle weights
Workout CD
Yoga mat
Entry to race/walk/sporting event
Map with local walks
Bright brolly for rainy days
Water bottle (non-plastic)



The Scottish Cancer Prevention network is focussed on moving evidence on cancer risk reduction into everyday life, practice and policy.

We are supported by the Scottish Cancer Foundation (SC028300).

Want to get involved? Visit our website for more information at www.cancerpreventionscotland.org.uk and sign up for our newsletter!

You can also find SCPN on Twitter and Instagram (@thescpn).