Get Well Thoughts Gift

£93.69

IN STOCK

Quick Overview

Send someone some get-well thoughts with our new gift basket, filled with puzzles and activities to improve mental health and wellbeing. Thinking well and feeling well are just as important as physical health, make this known to them by sending this gift.

Product Options

Well-Being Book of Your Choice (Any One)

- Physical Health + £0.00
- Emotional Health + £0.00
- Mental Health + £0.00

Details

Thinking well and feeling well are often ignored and their importance is placed below physical health. However it is coming to light more and more that mental health is just as important as keeping your physical health in good shape. This get-well gift has been designed to send to someone who is always focusing on others and helping them, and forgets to help themselves. With this gift basket they will have no option but to take some time out and focus on themselves to improve their mental health and wellbeing. Inside this get-well gift there is a beneficial book of choice to learn more about how to manage either your physical, emotional or mental health. Along with this book there is a Rubik's square, adult Lego and a colour block puzzle, besides being fun to complete working on puzzles also gives you a real mental workout, it improves memory, problem solving skills and lowers stress levels. In addition to this we included some snacks and a traditional get-well apple juice drink. There are toffee waffles, and chocolate to boost the recipients mood and energy levels which both come from conscious producers that we know we can trust. This get-well gift has warming golden colours symbolising good health and prosperity. It is the ultimate mental get-well gift to send a friend, family member or employee to take some time out and focus on themselves. This Get Well gift has been designed to focus the recipients mind on positive, inspiring and stimulating activities as a way to cheer them up. They will be feeling better in no time with a fresh head.

Additional Information

Contents	Well-Being Book of Your Choice - select from drop down Rubik's Magic Square Large Wooden Puzzle Lagoon Ladybird Vintage Card Games Pocket Posh Puzzle Book Nanoblock 3D Giraffe Puzzle Bucket List Quirky Tabletop Game Colour Block Mini Puzzle by Professor Puzzle Tregroes Dark Chocolate Waffles, 270g Gnaw Caramel Chocolate Buttons, 150g Long Meadow Pure Apple Juice Drink, 250ml Gnaw 70% Dark Chocolate Bar, 100g Small Open Wicker Basket Gift wrapped and decorated in hand tied ribbon & bow Gift Card for your personalised message