

The perfect gift?

I like to please with nice presents, but ...



... it's often **more stress than joy**

... I fall short of **inspiration**

#RELAX

Studies have shown that many people are more stressed during the Christmas season than the rest of the year.



- Never before have we owned so many **material things**.
- Few people are still waiting for the celebrations to get what they want, as many products have become accessible and cheap.



4 questions for the gift expert:



#MINIMALISM

Is my gift necessary ?



"Vill Leit wëllen net onbedéngt **méi**, mee éischer **manner**."



- Bis zu 1/5 vun de Kaddoe ginn **ni benotzt**.
- 4% ginn direkt an d'**Poubelle** geheit.



How about a shared experience ?



= the **most personal** gifts!

z.B. activities, offering help / a service ...



Can I do it myself ?



E.g. Food, beauty care, a song, a drawing, a photo album ...



Is it sustainable ?

long-lasting / robust



healthy and without chemicals



Bonus: locally produced ?



without packaging *



#ECOGIFT

* Tip: Use materials that you already have at home!

