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[Cheer up gift ideas for people going through a hard time](#)

Thursday, October 29th, 2009



Say it with flowers -
even edible ones

Most people think of gift-giving for fun and happy occasions – such as Christmas, birthdays, a new baby or a wedding – but what would you give someone who's suffered a tragedy or something terrible? Perhaps they're going through a divorce, a bereavement, they've lost their job, gone bankrupt or been diagnosed with a terminal illness.

While your time (or more time for them) and perhaps a few healthy home-cooked meals are probably the best gifts you can give them, as well as a [Care4Hire gift certificate](#) for a carer to well, take care of them, here are 4 different types of gift ideas which may cheer them up during this difficult time...

1. Light-hearted gifts to cheer them up

Most of these gifts should raise at least a chuckle if not a wry smile. Check out [Sockgrams](#), [Madcapz](#) (especially for women experiencing hair loss following chemotherapy or other illnesses) or a laughter club. They might smile again seeing [a cheer-up message cleverly reflected back in the mirror on their t-shirt](#) or amuse themselves wearing [differently coloured undies](#), each with a message per day. Perhaps they'll feel good again watching some favourite [DVDs of Christmas classics](#). I also like the ideal of the customised daily messages in your inbox from [My Very Own Fan](#) and the idea of [adopting a farm animal](#) (perhaps if they've lost their own pet). If someone's had a bad break-up and is trying their luck again(!) you could give them a [Hot Lunch Date Box](#), or [Pleasant Dreamz pillowcases](#) peppered with positive affirmations. Those who've stressed about putting on weight from their medications or just plain old stress, might smile at the [Knife and Fork Lift](#).

2. Just-relaaaaaax-and-chill-out gifts for stressheads

I loved reading about [Mary-Jane's Relaxing Soda](#), which they can sip while listening to a [stress-relief](#)

[meditation on CD](#), [a gift certificate for a massage](#), or calming essential oils. If you want to take them on a break give them a [gift certificate for a B&B](#). If they're still bedridden, give them a [comfortable Wonda Wedge pillow](#). Or let them relax with one of their [favourite magazines](#).

3. Thoughtful gifts to let them know you care

Many of these are personalised gifts designed specifically for the recipient. Children going through a rough time might like the [Loveable Look-A-Like dolls](#) while those undergoing surgery might appreciate the colourful [Digni-TEE hospital gowns](#) designed by a patient. If you don't have the right words to say, [a thoughtful poem](#), or [photos encased in Treasured Blocks](#) can be kept forever. [A care package for a recently bereaved family](#) could be just the the right gift. Other things that can work are care packages by [Out Of The Blue Delivered](#) and various items from [The Comfort Company](#) or a [ruby glass heart to show your love and concern](#). Perhaps they have a [sweet tooth](#) and would love a [cookie bouquet](#)? If they feel like they've lost their mojo, maybe (just maybe) a [boudoir photo session](#) would be ideal or a [pretty framed calligraphy print of Psalm 91:4](#). Others might want to [consult with an intuitive healer](#).

4. Motivational gifts to make 'em feel good (or a lot better)

A lot of these are books, such as [Addicted to Stress](#), and [Rich Woman](#) (ideal for those trying to get back on their feet financially) by Kim Kiyosaki, whose husband Robert wrote *Rich Dad Poor Dad*, while those who have been lying around the home too long might respond to [Get Off The Couch, Potato!](#) Perhaps they could write in the [Positive People Journal](#). If they need to take life one step at a time and reconnect with friends and family over dinner, a lovely food book [Friday Evening Cookbook](#) could be the answer. If they've been in the US armed forces, the colognes by [American Line](#), which donate to the Veterans, Association could be a step in the right direction. And if music is the food of love, some might feel their soul is fed at last by [singing and recording a song](#) about their experiences.

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