

SEO TITLE

5 Ways To Avoid Gift Giving Anxiety All Year Long

EXCERPT

5 of our favorite conscious shopper tips to avoid gift giving anxiety and even take the pressure off of the receiver too

Relationships are stressful enough, so it's fine if you're not fully comfortable with the whole gift giving part of them.

Many of our customers aren't. They've shared some of their fears around this process—not just giving the wrong gift, but feeling like you're not good at this whole gift thing in general. It can feel as scary as rejection, because your gift says something about the kind of person you are.

Even one of our fav's [Issa Rae admits](#), "I am fully a last-minute shopper. I am the worst shopper, actually. I always struggle and stress to find the perfect gift, and I always seek help."

Part of the problem is the pressure of assumptions; what you're expected to buy and know about someone's preference or overthinking if seeking help makes your gift less special.

1. REALIZING WHEN YOU'RE STUCK, NOW WHAT?

You have anxiety because it means a lot to you. Ironically the way to avoid those feelings is actually to embrace them. If you're a conscious shopper looking to make the right decision or even be known for your refined tastes, but it doesn't always click for you, there are a few things you can do to enjoy this process in the future. But, it starts with validating what you're going through.

2. RECOGNIZE YOUR EXPECTATIONS AND ASSUMPTIONS

By becoming aware of your expectations and assumptions it can actually make it easier on both you and the person receiving your gift. What are you expecting this means about your relationship moving forward? Is that a fair assumption or do you need to check in with yourself? When you enjoy the process, you're able to take the pressure off of outcomes and have a positive impact on those around you.

3. THINK ABOUT WHAT YOU WANT

Even though we know it's the thought that counts, it's important to remember it's not necessarily your thought. Think about what the experience is like for the person receiving your gift rather than just what the gift means for you.

4. REMEMBER, IT'S A PROCESS

Think about if this gift speaks to this person's love language ([link to content](#)). Tuning into how someone else likes to give and receive love will help you develop greater communication with

them. If getting to know someone in general is a process, why are you trying to have all the answers?

5. HOW TO GET YOUR BEST GIFT IDEAS ALL YEAR LONG

So, when is the best time to take down gift ideas? Or buy them a gift? Honestly, after you've already bought them one. This way the pressure is off since there's no more surprises for now and it's already fresh in your mind. You most likely had a couple of options you choose between, and can candidly ask those burning questions now that the occasion has passed. And if it's a part of the seasonal sales cycle (especially holidays) there's extra savings for grabbing your next gift after holidays end.

Now that you have a few tips to get you started, you're on your way towards intentional giving! And don't forget you can always swing by the store for help from your trusted friends.

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