

HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

Neurodivergent Humans



Table of Contents

1. Support ND Business Owners
2. Sensory Soother Gifts
3. Weight & Pressure Support
4. Gifts for Book Lovers
5. Good Finds for ADHDers
6. Gifts for Autistic People
7. Gifts for ND-Creatives
8. Our Favorite Fidgets





Neurodivergent Business Owners



Hooked Asheville

Stephany, a former engineer and mathematician, masterfully blends her passion for crafting with her love of symmetry and patterns in her unique crochet jewelry designs. 🧶

[Shop Here](#)



Fidgets By Amelie

I adore Amelia's fidgets! They are so pretty and soothing! Sign up for her newsletter for special discounts!

[Shop Here](#)



Neurodivers

Betsy makes great educational content on Instagram and has an Etsy shop filled with pins, badges, stickers. A great way to celebrate Autistic culture and pride.

[Shop Here](#)



Lil Penguin Studios

Réka, an Autistic artist has beautiful writings, drawings & creations to help. Communication cards, hidden disability cards and more!

[Shop Here](#)





Neurodivergent Business Owners



Courtney Ahn Design

Courtn has an [Instagram](#) as colorful as their shop! Their fun, funny, and relatable cards, prints, stickers, and more make great gifts!

[Shop Here](#)



Mean Tangerine Design

Zoe, an ADHD illustrator, has a love for all things silly and cute. Her stickers, art prints, and coloring pages bring color, humor, and joy to your life and space!

[Shop Here](#)



Sleepy Unicorn Studio

Neurodivergent, LGBT+ woman-owned shop for stickers, bookmarks, keychains, pins, mugs, hoodies, and more!

[Shop Here](#)



Retrophiliac

Margaux Wos, an Autistic, Canadian artist is passionate about reducing negative stigmas through their art and design. They have communication stickers and pins.

[Shop Here](#)





Neurodivergent Business Owners



Cam & Row

Kid & adult clothing, accessories, and magnets that promote autistic joy, advocacy, autistic parenting, awareness, stimming, inclusion, acceptance, and more.

[Shop Here](#)



Sugar and Sloth

Creates adorable characters and illustrations for enamel pins, self-care stationery, gifts, & accessories. My favorite are her “emotional support pets” which promote self-care and comfort.

[Shop Here](#)



Neuro Blooms

An artist who creates enamel pins and patches based on brain PET scans of people experiencing different mental health conditions. Helps to bring awareness and promote self-advocacy!

[Shop Here](#)



Coco Moino

Coco is a multiply neurodivergent artist who creates art to spark joy, comfort, pride, and acceptance. Her beautiful work can be found on stickers, prints, notepads, cards, pins, and more.

[Shop Here](#)





Other Great Business Owners



Oh Happy Dani

“Joyful art for everyday advocates” is their tagline, and their products are definitely that! Such cute and fun designs, all with great, uplifting messaging.

[Shop Here](#)



Crystal Draws Stuff

Crystal creates “feel good things surrounding mental health, being human and sharing our feelings”. Her work is colorful, fun, funny, and oh so relatable to our neurodivergent brains!

[Shop Here](#)



Tender Ghost

Illustrated by artist Grace Taylor, this shop carries hilarious, relatable, and silly illustrations on stickers, clothing, car bumper magnets, and pins.

[Shop Here](#)



Vins Lab

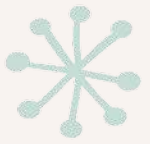
Beautiful and creative printable posters for your home, office or classroom. Their designs include uplifting messages, empowering reminders, and positive self-talk.

[Shop Here](#)





HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

Sensory Comfort



Warmies
(warm, weighted, lavender infused)



Sensate
(vibrating relaxation device for vagus nerve stimulation. Use code **NeuroInsights** for 10% off; can be stacked on other deals)



Sequin Pillow Cover



Incense Sticks
(campfire, pine tree, sweetgrass, cedar)



Moon Lamp



Nighttime Reading Light

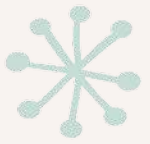


 *Disclaimer:
Affiliate Links*





HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

Weight + Pressure



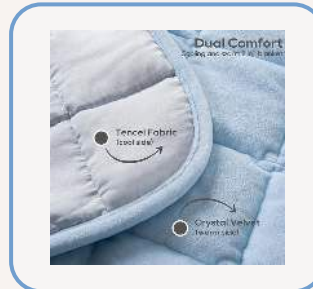
Neff Beanie Hat
(my personal favorite beanie, but no relation to me)



Hugimals
(weighted plushies for adults and kids to help with anxiety)



The Moon Pod



Weighted Lap Pad



Gravity Blanket



Weighted Pillows
(ND-owned business!)

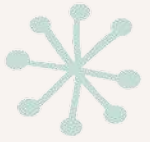


*Disclaimer:
Affiliate Links*



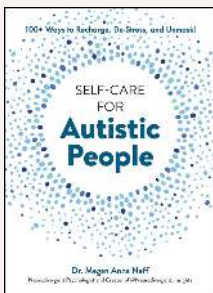


HOLIDAY GIFT GUIDE

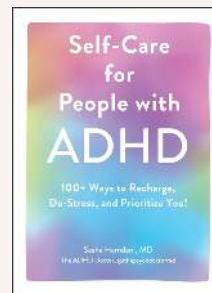


WHAT TO BUY FOR

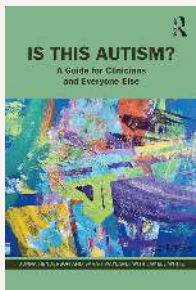
Book Lovers



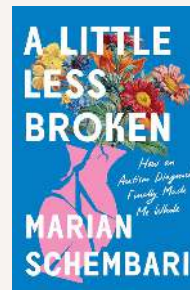
[Self-Care for Autistic People](#)



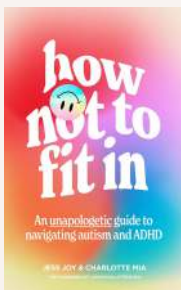
[Self-Care for people with ADHD](#)



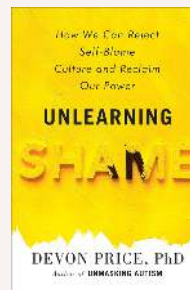
[Is This Autism?](#)



[A Little Less Broken](#)



[How Not to Fit In](#)



[Unlearning Shame](#)

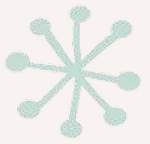


 *Disclaimer:
Affiliate Links*





HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

ADHD-ers



Smart Coffee Warmer
(mug warmer)



ONO Roller
(adult fidget toy)



The Anti-Planner
(created by an ADHD artist!)



Tile Mate
(bluetooth tracker)



Geo-Sphere
(magnetic fidget toy for adults)



Time Timers

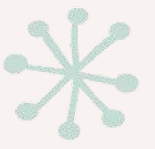


*Disclaimer:
Affiliate Links*



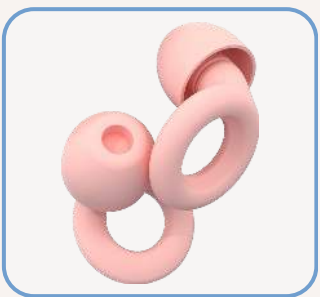


HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

Autistic People



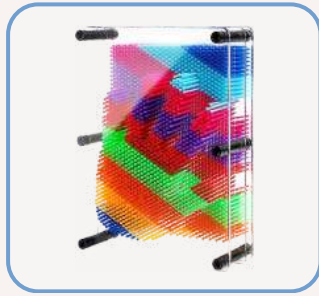
Loop Ear Plugs



Shape-Shifting Cube
(adult fidget toy)



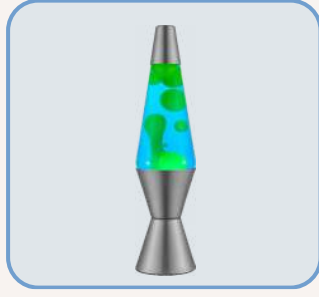
Moving Sand Art Bubbler



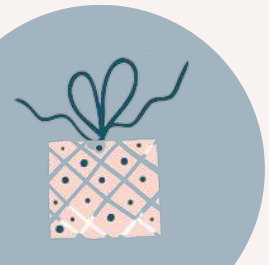
3-D Pin Art



Fantasy Jellyfish Lamp



Lava Lamp

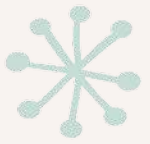


 *Disclaimer:
Affiliate Links*



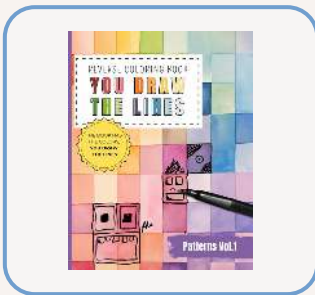


HOLIDAY GIFT GUIDE

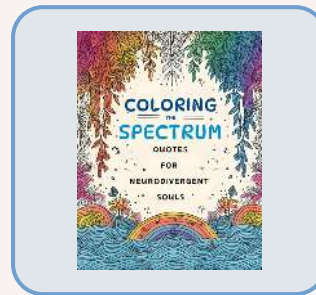


WHAT TO BUY FOR

The ND-Creative



Reverse Coloring Book



Neurodivergent Quotes Coloring Book



Embroidery Patterns



Beginner Crochet Sets
(love this collab with fellow AuDHDer Elyse Myers!)



Paint-By-Number Kits



Beginner Needle Felt Sets
(so many cute ones! Also 3D & cross-stitch)

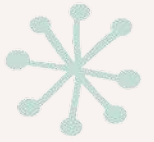


*Disclaimer:
Affiliate Links*





HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

Fidget Toys



Neer Doh



Magnetic Ring Fidgets



Controller Fidget



Squishy Animals

(poke, stretch, squeeze, play)



Changing Seasons Sensory Tubes



Snowball Fidget

(squishy fidget with a snow-like crunch)

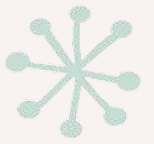


*Disclaimer:
Affiliate Links*





HOLIDAY GIFT GUIDE



WHAT TO BUY FOR

ND Teens



Fidget Controller Phone Case



Cute Stress Balls



Q&A a Day
(a 3-year question & answer journal)



The Awesome Autistic Go-To Guide



Escape Room Family Game



Sensory Stickers
(made of 3D foam; tactile stickers)



*Disclaimer:
Affiliate Links*

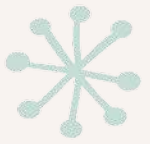




HOLIDAY GIFT GUIDE



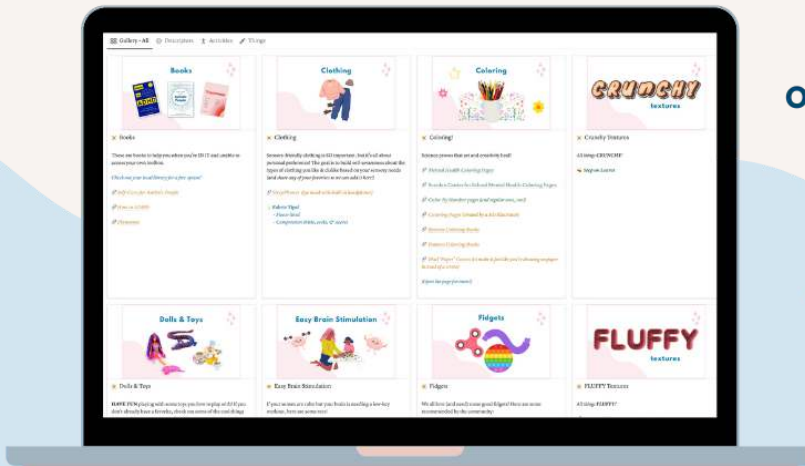
WHAT TO BUY FOR



Looking for More?

Check out our Sensory Self Soothers Database:

Sensory Soothers (Access to Notion Database)



Our community's favorite ways to self-soothe!
(updated regularly)



[CLICK HERE TO VIEW](#)

Or shop our [Amazon Storefront](#)



Neurodivergent
insights





Happy Holidays!

*Wishing you & yours a lovely
(and hopefully a not-too-overwhelming)
holiday season!*

Neurodivergent
insights