

Prime Day

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Amazon Big Deal Days: Self-Care Picks for HCPs on World Mental Health Day

By Vivian Health | Oct 10, 2023

Amazon Prime Big Deal Days are officially here (October 10-11), and they just happen to coincide with World Mental Health Day. We've compiled a list of the best deals available right now that can benefit your mental health – call it retail therapy. Don't miss the great discounts during this 2-day event! Start with our top picks listed below.

- Clear your head with a leisurely walk or a brisk run wearing a new pair of **ASICS sneakers**, on sale for up to 43% off.
- A shaggy Sherpa **weighted blanket** is super soft and can help you sleep better, reduce stress and anxiety, and even improve your mood.
- Take 5 minutes every day to write your thoughts in this **gratitude journal** to give thanks, practice positivity and find joy.
- Lift your mood and help boost your senses with this **essential oil diffuser**, currently 42% off.
- Get a dose of positivity and self-empowerment with this **affirmation card deck**, now 20% off.
- Take your mind off a stressful day with this **adult coloring book** from best-selling artist Johanna Basford.
- Soak in a relaxing bath and unwind with these homemade **bath bombs** containing shea butter and essential oils, currently 45% off.
- Indulge your feet after a long shift and enjoy this Shiatsu **foot massager** with dual massage and heat therapy.
- Get more restful sleep with this **weighted light-blocking sleep mask**, which promises to give you a great night of ZZZs, and wake up naturally with this **sunrise alarm clock**.
- Show gratitude towards a friend with these **thank you notes**, made of high-quality material and currently 25% off.
- Try learning something new to boost your serotonin. Consider **crocheting cute crafts**, do DIY projects with this **Cricut deal**, take up hiking in these **Columbia hiking boots** (50% off!) or try some Vinyasa on a new **yoga mat**.

You must be a Prime Member to access the deals on Amazon Big Deal Days, but if you're not already a member or aren't sure you want a paid membership, you can sign up for a free 30-day trial.

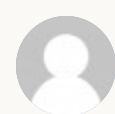
All the bargains listed in this post were active at the time of publication.

Disclosure: If you click on the included links, we may receive compensation.

Vivian Health

Vivian Health is the leading jobs marketplace built to serve healthcare professionals first. Our transparent job information not only helps nurses and allied health professionals find their next opportunity but empowers them to grow their careers.

Comments (2)



October 10, 2023 at 8:21 pm

By Joshua ST Jude

My name is Joshua St. Jude I am looking for PMHNP job.

[Reply](#)



October 11, 2023 at 3:00 pm

By Moira K. McGhee

Hello Joshua and thanks for reaching out. You can find current PMHNP jobs posted on Vivian Health on this page: <https://www.vivian.com/nurse-practitioner/psychiatry/>. After you create a Universal Profile, you can apply for jobs and set up alerts to receive notifications when jobs matching your specific needs post to our jobs board. If you have any questions about using our platform or getting started, please don't hesitate to go to the "Contact Vivian" option under the Resources tab to speak with our 24/7 help desk. We'd be happy to help!

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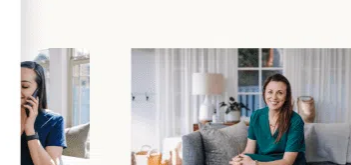
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