



# Autumn

## WELLNESS AND SELF CARE

- ☐ **MORNING WALKS IN NATURE:**  
TAKE A DAILY STROLL OUTSIDE TO ENJOY THE CRISP AIR AND VIBRANT COLORS OF AUTUMN.
- ☐ **COZY HERBAL TEAS:**  
SIP ON SOOTHING TEAS LIKE CHAMOMILE, GINGER, OR CINNAMON TO WARM UP YOUR MORNINGS AND EVENINGS.
- ☐ **SEASONAL MEAL PREP:**  
INCORPORATE AUTUMN PRODUCE LIKE SQUASH, APPLES, AND SWEET POTATOES INTO YOUR WEEKLY MEAL PREP.
- ☐ **MINDFUL MOMENTS:**  
DEDICATE 5-10 MINUTES A DAY TO MINDFULNESS OR MEDITATION. LIGHT A AUTUMN-SCENTED CANDLE AND PRACTICE DEEP BREATHING.
- ☐ **WARM BATHS WITH EPSOM SALT:**  
TREAT YOURSELF TO A RELAXING BATH WITH EPSOM SALTS AND ESSENTIAL OILS LIKE CLOVE OR CINNAMON.
- ☐ **DECLUTTER & COZY UP YOUR SPACE:**  
DECLUTTER A SMALL CORNER OF YOUR HOME AND ADD COZY TOUCHES LIKE BLANKETS, PILLOWS, AND CANDLES.
- ☐ **GRATITUDE JOURNALING:**  
WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR EACH DAY. REFLECT ON THE BEAUTY AND PEACE OF THE AUTUMN SEASON.
- ☐ **DISCONNECT FROM TECHNOLOGY:**  
TAKE TIME AWAY FROM SCREENS EACH EVENING. INSTEAD, READ A BOOK, JOURNAL, OR SIMPLY ENJOY SOME QUIET TIME.
- ☐ **STRETCH OR DO GENTLE YOGA:**  
START OR END YOUR DAY WITH GENTLE STRETCHES OR A SHORT YOGA FLOW TO RELEASE TENSION AND STAY LIMBER AS THE WEATHER COOLS.
- ☐ **HYDRATE & NOURISH:**  
STAY HYDRATED WITH PLENTY OF WATER, HERBAL TEAS, AND WARM BROTHS. EAT NOURISHING, SEASONAL FOODS TO FUEL YOUR BODY.



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