

Fall Joy List

- Close your eyes and take 10 minutes to remember one of your favorite fall memories. Bonus: Write about it.
- I will give myself energy by _____.
Ideas: Listening to a piece of music that makes me want to dance. Going for a run. Catching up on sleep. Journaling about a perfect day.
- Make a fall treat. Whether it's making candy apples or s'mores, carving a pumpkin, or assembling a craft with glue, choose something to create.
- Close your eyes, take a deep breath in and out, and think about the smell of a freshly-baked pumpkin pie. Take another breath in and out and imagine sinking your teeth into a crisp, juicy apple. Take a final breath in and out and imagine the sound of walking on crunchy leaves.
- I will be kind to myself by _____. Ideas: Saying no to something I don't want to do. Taking a nap. Taking a bath. Going for a walk.
- Do one kind thing for someone else that takes fewer than 10 minutes. Ideas: Write a thank you note. Hold the door open for a stranger. Send a text to a friend with one thing you appreciate about them.
- To support feeling _____ this week, I will _____.
Ideas: energized/go to sleep by 10:00. happy/decline the invitation to the party. connected/plan a date night. joyful/go to the pumpkin patch and corn maze with my family
- Read a book or watch a movie just for you. Block your calendar; hide your phone; set boundaries and claim this time for you.
- Do something that makes your body feel good physically. Ideas: Get a massage. Sit in a hot tub. Practice yoga.
- Choose a time to do nothing but sit and sip a warm drink. Set a timer for 20 minutes and give yourself the gift of thinking about whatever pops into your mind and just being. Drink ideas: apple cider, coffee, hot chocolate, pumpkin spice latte