

Autumn/Early Winter Self Care Cheat sheet

Autumn/Early Winter Self Care Focus:

- **Stay Grounded** - Grounding connects us to the present moment. It creates calm, destroys stress, helps us to feel at home in our own bodies.
 - **Warm and oily** - Applying warm oil to the body is an act of love. It puts back some of what we deplete, it coats the skin in a nourishing protective layer and, provides a buffer from the cold roughness of autumn.
 - **Nourish and nurture** - Use this time of year to slow down, rest. Shift from light to heavier foods and activities that will allow you to replenish your energy and spark!
 - **Make the connection** - Human connection is a powerful antidote to anxiety and depression. It's also a wonderful form of self care for the colder months. Hugging reduces fear, increases confidence and deepens your connection to yourself and others.
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Autumn/Early Winter Self Care should include...

- Regular routine
- Oil massage
- Warm environments
- Sufficiently warm clothing
- Regular and sufficient sleep
- Slow, strengthening physical exercise
- Listening to calming music
- Hugs
- Grounding yoga practice
- Alternate nostril breathing
- Box breathing