



# 40 things to do



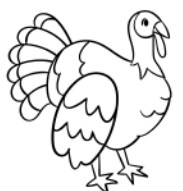
# Autumn



## SELF-CARE IDEAS



- Go for a drive, see the fall colors
- Visit a pumpkin patch
- Drink some apple cider
- Cozy up with a good book
- Watch a football game
- Have a game night with friends
- Make a date with yourself
- Listen to a podcast while on a walk
- Work on your favorite project
- Light a fall candle
- Take a hot bath with Epsom salts
- Use a Face Mask to repair your skin
- Have a fall picnic
- Buy yourself an outfit for fall
- Change up your nail color
- Decorate with mums
- Bring out your fall decor
- Bake an apple pie
- Have dinner with family/friends
- Sit outside and just breathe
- Sign up for a new class
- Pick up an old hobby again
- Listen to your favorite music
- Do a puzzle
- Have fun like a kid (jump in the leaves?)
- Roast marshmallows at a campfire
- Declutter an area of your home
- Eat seasonally - apples and squash
- Watch your favorite tv show
- Put on your fuzzy slippers and PJ's
- Stock up on your favorite hot drinks
- Clean out your coat closet
- Get a massage
- Go see a new movie
- Carve a pumpkin
- Write in your journal
- Make some nourishing soup
- Give thanks for all you have
- Color this page
- Write a letter to a friend





40 things to do



# Autumn



## SELF-CARE IDEAS



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