



Fall Self-Care Routine: Mind, Body & Soul

Morning Rituals

- Step outside for 5–10 minutes and breathe in the crisp autumn air.
- Journal 3 things you're grateful for today.
- Set a gentle intention for the day.

Mindful Moments

- Enjoy a warm drink (tea, coffee, cocoa) without distractions.
- Take 5 deep breaths anytime you feel overwhelmed.
- Pause to notice colors, sounds, and smells of fall around you.

Cozy Comforts

- Light a candle or diffuse autumn-inspired scents (cinnamon, clove, pumpkin).
- Wrap yourself in a soft blanket or wear your favorite sweater.
- Declutter one small space to create a calming environment.

Self-Reflection & Growth

- Reflect on one lesson learned so far this year.
- Identify one thing you want to let go of this season.
- Set one gentle intention for the coming weeks.

Optional Seasonal Treats & Rituals

- Sip a homemade pumpkin spice latte or herbal tea blend.
- Bake or cook something comforting and nourishing.
- Collect a small autumn keepsake (leaf, acorn, pinecone) as a reminder of mindfulness.



Tip: Check off a few items each day – not everything at once. Fall self-care is about slowing down, noticing, and savoring.