

# Embracing AUTUMN

*Nurturing your body, mind and spirit as the seasons shift*





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# AUTUMN



Autumn is here and I'm not gonna lie, I am TOTALLY here for it! Autumn is by far my favourite season, there's something about Autumn that absolutely fills my soul - I'm embracing the cosiness of it all - blazing fires, slow cooked meals, wooly jumpers and a slower pace to things feels like exactly what I need!

Autumn always feels like the perfect time to nestle in and invest some time in nurturing yourself. Whether it's starting a journal or meditation practice, creating a cosy home, autumnal affirmations, or nurturing your body, mind and soul - I've got you!

*I trust in myself and in life.  
Everything is exactly as it is  
supposed to be, right now.*

Autumn  
Shows Us  
How  
Beautiful  
It Is to Let  
Things Go



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# Welcome Hygge

Pronounced "hoo-ga," the Danish concept of hygge cannot be translated to one single word but encompasses a feeling of cozy contentment and well-being through enjoying the simple things in life. Hygge is about creating an atmosphere of coziness and comfort in both your home and your emotional state, try introducing Hygge with these simple tips!

1 Create a warm and inviting atmosphere in your home. Light the good candles and fill your home with Autumnal scents like apple, cinnamon or cedar wood (which is apparently great for keeping spiders at bay!). Layer up with cosy blankets, pillows and throws, keep lighting low with lamps and introduce natural elements like wicker baskets, foliage and dried flowers.



2 Spend quality time with loved ones, foster meaningful connections and make time to enjoy the company of others.



3 Celebrate life's simple pleasures, enjoy a home-cooked meal, savouring a cup of coffee, or taking a leisurely walk in nature. Find joy in the little things.



*Here I flow easily,  
accepting, and embracing  
change.*

Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes.



# Autumn Journal Prompts

Whether you want to keep track of your goals, create better habits, or create space to reflect, a journal can be a powerful and useful tool. While there are many styles and methods to choose from, journaling is essentially creating time in your day to think about your life and writing down what comes to mind.

The content of your journal will be personal and different for everyone so allow yourself to write freely with the knowledge that no one ever needs to read it. The act of freely writing down how you feel can be transformative - allow yourself to feel emotions that may come up, like anger, fear or resentment. Try not to resist any challenging emotions that arise, instead notice and accept them with curiosity and compassion. Journaling regularly can result in improved mental health, better stress management and a stronger immune system.



*Not sure where to start? Use these prompts to inspire you!*

- ☐ List the things you're grateful for as you transition into the new season.
- ☐ Make a list of your favourite things about Autumn.
- ☐ What are your three favourite things about life in Autumn?  
Why?
- ☐ Create an Autumn bucket list for this year.
- ☐ How do you feel at the end of Summer and shift into Autumn? Is it hard to say goodbye or do you look forward to cooler weather?
- ☐ What do you look forward to in the winter months? Do you find this time of year easier or harder than the summer?
- ☐ Write about the emotions that arise as the days grow shorter and the nights longer.
- ☐ How does Autumn make you feel?

*I grant myself space for energy, healing & rest.*



- ☐ What changes do I want to make this season? What do I want more of in my life? What do I want less of in my life?
- ☐ What is special or meaningful about this time of year to you?
- ☐ What things *don't* you look forward to about Autumn? What don't you like about them?
- ☐ How can you support yourself and your emotional wellbeing during the Autumn?
- ☐ What are some self care activities that can boost your mood this Autumn?  
Make a list.
- ☐ What activities boost your mood and energy at this time of the year? How can you factor these into your routine?
- ☐ Autumn is a time of change and transition. What do you love most about change? What scares you most about change?
- ☐ How much have you changed and grown since this time last year? What changes would you love to see by this time next year?
- ☐ What things have you been able to let go of in this past year?
- ☐ Think about letting go, just like the leaves do when they fall. What do you need to release or let go of before stepping into this season?
- ☐ What is no longer serving you and how can you enforce your boundaries with it?
- ☐ What has gotten easier/less challenging for you over the course of the year?
- ☐ What has gotten more difficult for you over the course of the year? What can you do to address this?
- ☐ Which negative thoughts or limiting beliefs will you leave behind as Autumn begins?
- ☐ As the season changes, what personal transformation do you hope to see in yourself?
- ☐ Reflect on the changes that this season brings, both in nature and in your own life. How do you adapt to change?
- ☐ Do you remember your goals from the beginning of the year? How are you doing with them?
- ☐ What is your biggest focus/intention for the rest of the year?
- ☐ Name three things you would like to accomplish before the end of the year.

*Each new day is a gift of opportunity and growth.*



# Nurture your body.



Make a list of your favourite foods to enjoy in Autumn, add in some new recipes to try to mix up your regular meal planning.

Focus on wholesome, nutritious foods and using seasonal produce. Think warming porridge spiced with cinnamon and cardamom and topped with stewed fruit or hearty Autumnal soups and stews. Remember to stay hydrated and get enough rest to support your immune system and overall well-being.



Try to spend some time outside in nature, everyday if you can and if possible in the morning time - morning sunlight boosts your energy levels, lifts your mood and improves the quality of your sleep. Plan for regular physical activity - try walking or signing up for a group class near you - if you get into a new routine in the autumn, you're more likely to carry it on as the nights get darker, helping you to stay fit through the winter and into the new year.



Establish a bedtime ritual - create habits that tell your brain it is time to get ready for bed. Your nighttime ritual could include turning off screens, meditating, reading a book, or adjusting your bedroom environment.

*I am seeking contentment, not perfection.*



# Nurture your mind.



Dedicate time to activities that bring you joy and relaxation. Read, listen to music, fall in love with a podcast, take up a hobby or learn a new craft - spending even a little time each day doing the things you love can profoundly impact your mental wellbeing.

Find your tribe! Don't be afraid to try something new, rediscover an old hobby or sign up for a course, a class, group or even a Women's Circle - connecting with others and belonging to a wider community will help and support you through the autumn months.

If there's one thing you can learn from nature during this time of the year, it's that letting go can be a beautiful thing. Our minds don't tend to agree with clutter. It stresses us out. Declutter your home - take some time to go through all your belongings and decide which things no longer make you feel good, sell, donate or gift what you no longer need.

Try to take breaks from screens and social media. Set aside some time each week to be fully present by switching off your screens, phone and social media focus on disconnecting from the virtual world and reconnecting with the people and things around you. Use this time to relax and unwind - keep your to-do list minimal - no stressful or tedious tasks!

*I release resistance to change, and embrace what this new season has in store for me.*



# Nurture your spirit.

Autumn's slower pace provides the perfect opportunity to delve into mindful practices.

Engage in mindfulness meditation to cultivate a sense of presence and calm amidst the changing rhythms of the season.

## Let It Go!

Use this meditation to let go of thoughts, behaviours, patterns, or people that no longer serve you. This practice can be done either inside or outside. Come to a comfortable seated position, close your eyes, and bring your awareness to your breath. Breathing through your nose, focus on your breath moving in and out of your body. Feel the fullness that comes with each inhale, and the release with each exhale. As you settle in, focus your thoughts on one thing that you would like to release from your life. Connecting to your breath, inhale that which you want to create, and exhale that which you desire to release. For example: Inhale, "I am peace and contentment." Exhale, "I release self judgement." Continue this practice for ten or more breaths.



## *I use my breath to stay in the present moment.*

### Practice Mindfulness in Nature:

This mindfulness walking meditation is best done outside. Slow your breath, feeling full expansion and contraction on the inhales and exhales, begin to walk, moving slowly and mindfully, connecting the lifting of each foot with an inhale and the placing of each foot with an exhale. As you walk, maintain focus on your breath and the sensation of your body moving through space. Notice the feel of air on your skin. Tune into what's going on around you — what do you see? You're not thinking about any of these things, though; you're simply acknowledging what you see. Notice the sounds that drift in. What can you hear? Try to notice any noise but not dwell on it. Now turn your attention to any smells, whether pleasant or unpleasant. Notice how the mind habitually wants to create a story out of each smell and how it might remind you of somewhere, something, or someone. Move as slowly as you'd like, while maintaining the connection of movement and breath. Let your intuition tell you when it's time to stop.





# A sprinkle of self care...

Self-care should be a purposeful activity that you engage in because you know it will enhance your emotional, physical or spiritual well-being – what that actually looks like is different for everybody and that's OK



Indulge and relax.

Choose simple luxuries that make you feel good;

take a long bath

cook your favourite meal

take a nap

watch the sunrise or sunset

snuggle up with a hot drink

go on a picnic

catch up with a friend

practice Gratitude

have a PJ day

*Slowing down is essential for my well-being and growth.*

## There's nothing like the autumnal vibe ...

Autumn brings me so much joy!

There are so many things that are just for autumn and I look forward to these simple pleasures every year..

Digging out your biggest, fluffiest, snuggliest jumper - oh and the cosy socks (that first wear is fab!)

Apple tart, crumble, stewed apples, I love them ALL!

Going for long walks, the colours are just fabulous - and who can resist kicking up the leaves?

Autumn decor, especially decorating the fireplace.

Stews, soups, pies and S'mores.

AUTUMN  
embrace & enjoy! K x



# About THE AUTHOR

Hi I'm Katrina!

At Gather Wellbeing, I empower YOU to prioritise and nurture your own emotional health and wellbeing so that you can shift from surviving to thriving and create a life that you love!

I'm a fully qualified and insured Transformative Coach specialising in emotional wellbeing, I'm also a Meditation and Mindfulness practitioner and facilitator of Women's Circles. I'm passionate about supporting wellbeing and facilitate workshops programmes and events as well as producing self-paced workbooks, journals and activities to guide you on your wellness journey.

I am a specialist educator and parenting coach with over 20 years experience working with children and young people (and their families and schools!). I support parents to embrace a more positive style of parenting, creating connected, respectful relationships with their children and helping them to raise confident, resilient, emotionally healthy and happy adults. I help parents (and schools!) to understand and support the social, behavioural, emotional and wellbeing needs of their children and young people.



FIND OUT MORE

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