



Liz Whiteley  
Counselling & Psychotherapy



## Autumn is here



### Autumn Leaves

Golden, crisp leaves falling softly from almost bare trees,  
Lifting and falling in a hushed gentle breeze.  
Slowly dropping to the soft cushioned ground,  
Whispering and rustling a soothing sound.

Coppers, golds, and rusted tones,  
Mother Nature's way of letting go.  
They fall and gather one by one,  
Autumn is here, summer has gone.

Crunching as I walk through their warm, fiery glow,  
Nature's carpet rich and pure that again shall grow.  
To protect and shield its majestic tree,  
Standing tall and strong for the world to see.

They rise and fall in the cool, crisp air.  
It's a time of change in this world we share,  
Nature's importance reflecting our own lives,

Letting go of our fears and again, too, we shall thrive.

Edel T. Copeland. "Autumn Leaves." Family Friend Poems, November 1, 2016.  
(<https://www.familyfriendpoems.com/poem/autumn-leaves-5>)



Hello and welcome to Autumn.

The children are back at school. The leaves are turning beautiful colours of red and brown. There is there is an essence of change around us, new beginnings, new challenges, for some. But others it can be a familiar since of stillness and a feeling of being alone, as the nights draw in and the days are shorter.

Whatever your feelings are at this time of year there is always opportunity to grow and learn and feel. Being creative can be a great way to feel grounded and connected to your environment and self. Creativity can come in many forms, texture, sounds, sensations and feelings can all come into play. So people like to journal, some people like to use creative writing or art, some people like to sing and dance. Whatever your choice as long as you are using your seven senses - some or all. It is a great way to ground yourself when things are feeling too much..





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For fun I thought we could do a little competition. This is a creative competition where you can use whichever creative form you would like.

here are the details.

Create a piece of work that represents how autumn makes you feel. Using anything from words, colour, texture, sound or movement and and share your piece of work on my Facebook page, Instagram page or Twitter with the tag **#MyFeelingsOfAutumn**

A winner will be picked on 30th November 2023.

Good luck everyone

[Book a session for Autumn!](#)



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