



WAYS TO

Restore Mind & Spirit Octoberially

SLOW DOWN. LOOK AROUND. BE AMAZED. ♥



BE PRESENT WITH YOUR SENSES

October invites us to slow down and notice the beauty in everyday moments.

- 🍁 Step outside for 10 minutes and breathe the crisp air.
- 🍁 Notice the changing leaves, sounds, and smells of fall.
- 🍁 Find one small moment of beauty and let it anchor your day.



RESET YOUR RHYTHM

October is a great time to let go of what no longer serves you and create space for peace and productivity.

- 🌿 Choose one habit to release and one new habit to support your well-being.
- 🌿 Plan your week with intention, including rest, joy and time in nature.
- 🌿 Declutter one space to create a calmer environment.



NOURISH YOURSELF MIND, BODY & SPIRIT

Cooler days and cozy nights are a reminder to care for yourself with intention.

- 🍁 Move your body in a way that feels good (walk, stretch, or gentle yoga).
- 🍁 Enjoy nourishing seasonal foods and warm drinks.
- 🍁 Get more rest and honor what your body needs.



FIND BEAUTY IN CHANGE

October reminds us that change can be beautiful and creates space for new growth.

- 🍁 Notice the vibrant colors and the beauty in letting go.
- 🍁 Reflect on what you want to release, invite or grow.
- 🍁 Connect with nature, loved ones or a peaceful solo moment.



Awe is all around you. ♥

BE PRESENT. BE OPEN. BE INSPIRED.

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