



WELLNESS PRACTICES FOR DARKER DAYS



Indoor Nourishment

- ☐ **Give yourself permission** to adjust expectations as seasons change. It's OK to not get as much done, to rest more, to sit with a cup of tea instead of cleaning out that closet.
- ☐ Head to your local library and grab a book to **read**. Doesn't have to be educational - read for fun!
- ☐ Schedule **game nights** with friends.



Get Outdoors

- ☐ **Take a walk** in the morning or midday light.
- ☐ Ground and center your nervous system by placing your **back against a tree trunk**.
- ☐ Do you have room for a small fire pit? **Sit around the fire** with hot cocoa or tea.



Light & Environment

- ☐ Use a **light therapy box** (20-30 min in the morning).
- ☐ Sit near windows and open blinds for **natural light**.
- ☐ Brighten your space with **fairy lights** and fun things like **gourds**!
- ☐ Add some cozy blankets around the house to snuggle under.



Nutrition

- ☐ Check with your medical professional about adding **Vitamin D** and **Omega 3** supplements.
- ☐ Make nourishing soups. <https://www.awakeningresilience.com/post/nourishing-soup-darker-days>
- ☐ Eat for the season - butternut squash, brussels sprouts, turnips, pears, apples, and more!



Energy

- ☐ Hold your **Metal Element Neurovasculars** (forehead and top of head)
- ☐ **"Rooting Down"** Mini Practice (*can be found in the October 9th Newsletter*)



Your Ideas

- ☐ _____
- ☐ _____
- ☐ _____