

Autumn Tip Sheet

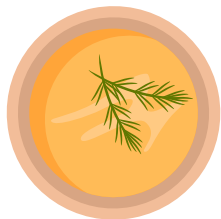
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Vibrant
Soulful Wellness

Think grounded, nourishing and warm.

food



- **Cook your meals.** Favor soups, stews, and other cooked foods as the weather cools. Limit cold foods and beverages.
- **Grounding nourishment.** Enjoy root vegetables like carrots, parsnips, turnips, squash, and beets—roasted, sautéed, or steamed.
- **Leafy greens for immunity.** Choose kale, chard, spinach, and bok choy—sautéed, in soups, or steamed.
- **Healthy fats.** Nourish your body with olive oil, ghee, coconut oil, or avocado oil.
- **Spice it up.** Add warming spices like cinnamon, ginger, black pepper, cumin, cloves, and garlic to support digestion.
- **Earlier, lighter dinners.** Eat earlier and lighter in the evening to improve digestion and sleep.

lifestyle



- **Stick to routines.** Autumn is dynamic; keeping a steady schedule for waking, eating, and sleeping helps you feel grounded.
- **Move your body.** Start the day with yoga, walking, or mild aerobic exercise for optimal physical and mental health.
- **Breathe deeply.** Use slow, rhythmic breathing to ground yourself and cultivate calm.
- **Get outside.** Fall is beautiful—spending time in nature boosts health and wellbeing.
- **Laugh, love, and have fun.** Nurture relationships with friends and family.
- **Dress in layers.** Keep your body warm, especially the neck and head.
- **Meditate.** Build immunity, manage stress, and cultivate positivity with a daily meditation practice.
- **Unplug before bed.** Step away from screens at least an hour before sleep to help your nervous system settle and support deep rest.