



# FALL SELF-CARE IDEAS

fall scented candle  
or wax warmer

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find a spooky podcast  
to listen to

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visit a pumpkin patch

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wear a comfy sweater  
or flannel shirt

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make hot soup

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try a seasonal coffee  
or tea

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take a walk

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send out snail mail

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learn how to crochet

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grab treats  
from Trader Joe's

☐

spend time reading

☐

grab treats  
from Trader Joe's

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**Autumn shows us how beautiful it is to let things go.**