



# Feel Good FRIDAY



## Love Autumn!

*You may have noticed the cooler evenings, the sudden influx of spiders and perhaps made the transition of air conditioning to heater in the car for the dewy mornings.*

*7am now feels like the middle of the night as the sun hasn't lulled you into a slow wakefulness and the birds are taking their time to perform their morning chorus. Autumn is upon us but that doesn't mean your summery disposition has to fade with the transition of seasons. Autumn can be a great time to boost your mental wellbeing.*

## Go Outside

Go outside and savour the moment. Experience the crunching of leaves beneath your feet. Notice the beauty of your environment as the season changes and prepares itself for winter.

The September and October sun can still be strong and particularly bright so be sure to top up your vitamin D levels when you can. Go outside for a walk or find a local nature trail. Be conscious of the 'here and now' by thinking about what sounds you can hear, what colours you can see and what smells are in the air. This is great practice in boosting self awareness and 'taking notice' of what is around you (one of the 'Five Ways to Wellbeing' identified to improve our mental health). You could even collect leaves and other items for a scrapbook and creative activities, learn how to play with conkers and take photos galore to build on these memories.

Go walking at different times of day in the autumn to soak up what the season has to offer. Be sure to catch the many vivid sunsets and beautiful skylines. During the day, shadows lengthen as the season goes – try chasing and stepping on the shadows!

Hello  
Autumn