



Feel Good FRIDAY



Love Autumn!

Summer is usually easier to be social as the sunny weather generally has a quite positive impact on our wellbeing and we can feel more energised, happier and motivated to make plans and stick to them. With longer days it can feel as though there is more time and that even after school or work you can meet for a bbq or long evening walk with a friend or neighbour.

As Autumn arrives, it is normal to experience a dip in mood, perhaps what feels like 'autumnal blues' as we settle back into a routine – back to school, more traffic on the roads at rush hour, more emails as everyone is back at work!

Think about how you can stay connected socially and resist the urge to hibernate until March! Try planning a few things in the calendar to look forward to in order to ease the seasonal transition – cinema trips, coffee meet ups and opportunities to chat, investing in the relationships you wish to nurture.

You may be someone who has a routine of regular exercise or hobbies during the week – if so, great. If not, is there something you've been wanting to do but not got around to starting? Learning something new can be extremely fulfilling and the great thing about Autumn and learning is that evening clubs and classes are back underway. Is there a local book club, youth group or yoga class you've been wanting to try out? Whatever your interests may be, 'now' is always a good time to explore how you can blend them into your lifestyle.

