

TRICK O' TREAT YOURSELF THIS FALL!



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An apple a day keeps the doctor away, which is perfect because they're in season! But what keeps the mind at ease? As the weather is cooling down and kids begin going back to school, take some time for a much-needed post-summer reset. Here are a few ways to show yourself a little love this season by FALLing into some self-care habits.

If you find yourself practicing any of these self-care tips, post them on Instagram and tag us @wcnypbs.

DID YOU KNOW?

The average adult in the U.S. reports feeling relaxed for 40 minutes a day, which is only 3% of the entire day! Use these tips to ensure that only leaves pile up this fall, not negative feelings.



Read a Good Book

Exercise your mind by reading! Whether it be a fan favorite you've read a hundred times, a seasonal tale, or a mushy rom-com set in the dead of winter, any book is welcome to get your mind moving.

Begin a Gratitude Journal

Studies show that expressing gratitude has a direct correlation with increased happiness. Begin or end each day by expressing thanks for someone or something. Bonus points if you tell them that you appreciate them!



Treat Yourself

You work so hard and deserve to be treated! Whether that comes in the form of a seasonal drink or a day of sleeping in, you deserve a little extra sometimes.

Snuggle Up, Light a Candle, and Watch a Comfort Movie

As Halloween draws closer, there are many great movies to indulge in, new and old alike. Light a candle and enjoy a time of relaxation while setting the holiday mood.



Indulge in Seasonal Activities

Go apple or pumpkin picking, visit a haunted house, carve a pumpkin, finish a corn maze, or whatever might fill your heart with joy. Abbott Farms Fall Festival, Zoo Boo at Rosamond Gifford Zoo, and Frightmare Farms Haunted Scream Park are just a few of the local family fun activities to consider.

Listen to Music or a Podcast

Take time for some deep breaths and soothing tunes. If you need something to listen to, scroll through Spotify for a podcast that resonates with you, or scan the code below and listen to the fall-inspired playlist I created just for you!





Have a Self-Care Day or Night

Self-care looks different for everyone and what might work for one person might not work for another. Whether you want to relax with a face mask, draw a bubble bath, take a walk with your dog, or just turn off all screens, set aside specific time to do something just for you.

Do Something to Appreciate Nature

Green thumb or not, it is important to embrace the outdoors, especially during such a beautiful season. Take a step outside, breathe in the crisp autumn air, and embrace the warm tones of the landscapes. Take a walk or just wake up before the sun, the options are endless!



Do Something You've Been Putting Off

We are all guilty of putting off something, but now is the time to get it done! Clean out the drawer, pick up that new hobby, take that new class. Life is too short to keep putting things off. You got this!

Call an Old Friend or Relative You Have Not Seen in a While

Life can get busy and making the time to catch up with people becomes harder. This fall, try to reconnect with someone who makes you feel good that you have not talked to in a while.



Try a New Recipe

In a season inspired by pumpkin spice, cinnamon, and apple flavored everything, try cooking/baking something new! Whether a sweet treat or a savory meal, spice up your fall by adding seasonal food to your menu.

Step Outside of Your Comfort Zone

As scary as this can be, growth occurs the moment we stop merely doing the easy because we are too afraid of the difficult. Start small with that uncomfortable conversation you've been meaning to have or that outfit you've been too afraid to wear. Feel the weight lift from your shoulders as you embrace the discomfort.



Apple Cider Sangria
6 Servings

A delightful fusion of sweet white wine, light rum, apple cider, and a touch of fizz, creating a refreshing and cozy cocktail perfect for fall gatherings.

Ingredients

- 1 Bottle or 750 ml of Moscato wine (semi-sweet white wine)
- 1 Cup light rum
- 1 ½ Cups apple cider
- 1 Cup ginger ale
- Apple slices for serving
- Ice

Directions

1. In a large pitcher, combine all ingredients and stir well.
2. Serve sangria over ice with thinly sliced or chopped apples.

Recipe Courtesy of Fresh Tastes

Thirsty for More?

Foodie-guide

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