

# REFRESH

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## Issue 4

Quarterly for  
soul-aligned  
seasonal care

**Media detox guide** p.5

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# Resilience

## FOCUS FOR FALL

Autumn is an active season of transition. It can bring an influx of inspirational ideas and clarity. Use this to your advantage by developing more emotional awareness through contemplative activities like journaling, enjoying nature, meditation, and spending quality time with others.

It's also a great time to reflect on what habits are no longer serving you. Choose projects and activities that feel nourishing and replenishing.

Expression and creativity will help you unblock stagnant energy. Enjoy yourself and approach your creative projects with humor and carefree abandon.

Take time to feed your soul!

*"Choose projects and activities that feel nourishing and replenishing."*

# Fall routine

DAILY ALIGNMENT TO THE SEASON



## Day

Wake early  
Open windows  
Get outside for sunrise  
Take a morning walk  
Sip a warm drink

## Night

Dim the lights at dinner  
Turn off your phone and unplug  
Go to bed early

# One-day media detox

MAKING ROOM FOR YOUR LIFE

## One week before

- Pick a day.
- Choose at least two activities you can do that don't involve screens or media (which include books, podcasts, radio, magazines and social media). Tip: Pick one where you tend to lose track of time when you're doing it.
- If you're stumped, here are some ideas: forest bathe, garden, hike, paint, relax at the beach, do a craft, organize your closet, write, bike, batch cook, wash the dog, or clean.
- If you're feeling antsy about cutting off your news in case of an emergency, appoint a well-informed friend to notify you if there's any breaking news you need to know.

## The day before

- Gather and set up supplies.
- Do all the screen-related things today to prep for tomorrow (like printing out directions or recipes) so you don't get sucked in.
- Hide all media to limit unconscious consumption and distraction.
- Turn off all those pesky notifications on your phone. Tomorrow your phone will simply be a phone, not a tiny computer.

## Detox day

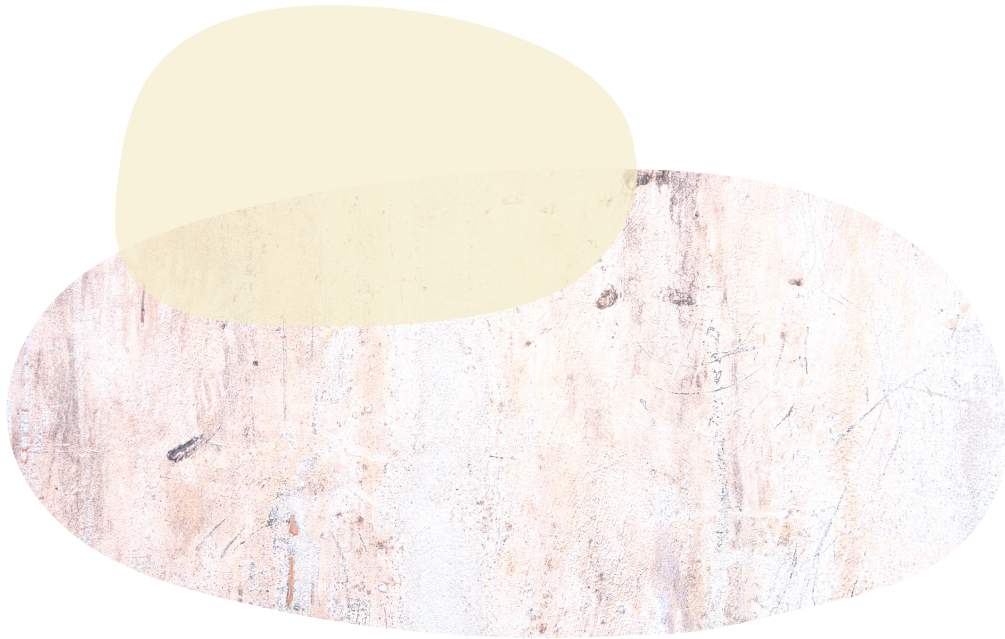
- Let loose and enjoy the day. Really throw yourself into what you're doing.
- Don't judge. If you slip up, just start again. Today is not about achieving anything. It's about exploring the real world around you and seeing what space appears when you limit how media shows up in it.

# Autumn checklist

## SENSORY INSPIRATION

- Bring out the blankets and candles
- Take a walk from sunset to dusk
- Go on an early morning fog hike
- Fill vases with mums and leafy branches
- Guerilla garden native poppy seeds in sidewalk cracks
- Simmer spiced apple cider in your slow cooker
- Set up bird feeders
- Get cozy by a fire
- Hang a prism indoors
- Set a designated time for news
- Send a friend a care package
- Have a leaf watching picnic

# Meditation



## SIMPLE GROUNDING

So many activities start again in the fall so it's easy to get ungrounded. **To fix that in seconds go outside with your shoes off, ideally on grass or dirt but even concrete will do the trick.** That's all you need to do.

If you want to extend your grounding session you can also:

- Sit on the ground and have a picnic
- Spend the day at a beach
- Garden

# September

NURTURE

Circle one word below as your nurturing focus for this month

Adventure

Movement

Rest

Connection

Music

Ritual

Expression

Nature

Sleep

Love

Nourishment

Solitude

Mindfulness

Play

Touch

List seasonal activities that align with your focus word

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# October

REVEL

Who brings warmth into your life?

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How can you be more present in these relationships?

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# November

## REVIEW

What can you do to foster more serenity in your life?

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How can you bring more honesty into your creative practice?

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# Resources

## PLANNER

Self-care planner for living more intentionally

<https://www.habitrefresh.com/self-care-planner>

## WORKSHEETS

Free resources for starting your creative habit

[habitrefresh.com/resources](https://www.habitrefresh.com/resources)

## FOREST BATHING

Forest bathing in the unknown: why now is the perfect time to start

<https://www.habitrefresh.com/blog/forest-bathing>